

*Hafa Adai!*

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It's officially Christmas in the Marianas! **PAGE 8**

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# Touchdown!

Lt. Gov. Arnold I. Palacios meets Gov. Ralph DLG Torres and first lady Diann Torres, who led a delegation from the CNMI, as they disembark from Skymark's inaugural direct daily flight from Tokyo, Japan, at the Francisco C. Ada/Saipan International Airport Friday afternoon. Behind the first couple is Skymark president Masahiko Ichie.

FERDIE DE LA TORRE

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A typhoon is threatening to complicate the Philippines' hosting of the ASEAN Games.

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## Local

# Skymark makes historic direct flight from Tokyo

By **FERDIE DE LA TORRE**  
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REPORTER

A Boeing jet plane carrying 177 passengers, including Gov. Ralph DLG Torres, touched down at the Francisco C. Ada/Saipan International Airport at about 3:04pm last Friday, marking Skymark Airlines Inc.'s inaugural daily direct flight from Tokyo and, with it, the fervent hope of the CNMI for a revived tourism market from Japan.

As the Boeing 737-800 plane maneuvered to its parking spot on the tarmac,

a fire truck from the Commonwealth Ports Authority's Aircraft Rescue Fire and Fire-fighting Unit shot an arc of water over the airplane in a glistening water salute. A welcoming delegation—which included Lt. Gov. Arnold I. Palacios, House Speaker B.J. Attao (R-Saipan), Saipan Mayor David M. Apatang, and several government and Skymark officials—clapped and cheered near the airport's entrance.

When the plane's passengers entered the airport building itself, they were met by

2019 Miss Marianas Shannon T. Sasamoto, several MVA staff, and members of the Saipan Awaodori Team, who greeted the visitors and handed them souvenir gifts and shell leis.

At a press conference later at the Skymark Airlines' departure counter, Torres, who was onboard the arriving airplane with a 12-man CNMI delegation, congratulated Skymark president and representative director Masahiko Ichie and his team for having their first international direct regular flight service. Skymark is primarily a domestic airline in Japan and this trip to Saipan is its first regular international flight.

"Today is a time to celebrate because we have worked on this for the last couple of years and we would not be here without everyone's contribution," Torres said, citing the efforts of Marianas Visitors Authority board chair Marian Aldan-Pierce, Commonwealth Ports Authority board chair Kimberlyn King-Hinds, CPA board members, and the Skymark team, among others.

Torres recalled that, as he was taking his seat for the flight to Saipan, a gentleman to his left told him that this regular Skymark flight is good news for the Japanese people.

Torres said he replied that it is also good news for the CNMI, to which the gentleman insisted that it's good for the Japanese, especially for him.

"So...I asked why?" Torres asked.

The gentleman replied: "Because, sir, this is my 162nd time to [visit] Saipan," said his seatmate.

That reply drew applause from the people who attended the press conference.

Torres said the CNMI looks forward to a very successful partnership with Skymark. "The success of Skymark is Marianas' success," the governor said.

Palacios said there are many people to commend for the hard work that they put in to bring a Japanese airline directly out of Japan to Saipan.

Palacios said former MVA managing director Christopher A. Concepcion was one of the

key players when the administration was still trying to get an airline back to Saipan.

Palacios said that CPA, legislative leaders, and all government leaders will continue to work very hard to ensure that "this memorable day" will continue to be sustained.

Ichie, who also joined in the inaugural flight, said the day is a very special occasion for both the CNMI and Skymark.

"We are finally launching our regular airline service between Saipan and Japan. And we owe this to the people of the CNMI," Ichie said.

Ichie said they are committed to the relationship between the CNMI and Japan. "Marianas is an attractive tourist destination, but is also close to Japan historically," said Ichie, adding that they are excited about the relationship between the CNMI and Japan.

In a separate interview, Aldan-Pierce said this is something that they have been working on for over a year and a half now, that the CPA board worked closely with MVA and Concepcion to make this direct flight happen. "Today is

the fruition of that very hard work," she added.

She described the inaugural flight as a huge success. "It was a full flight coming in. And it was just so nice to be when we're in Narita Airport, watching the people load on the flight to Saipan," she said.

CPA board chair Kimberlyn King-Hinds hopes the first direct flight between Japan and the CNMI is the catalyst not only to strengthen the Japanese market or tourism industry, but for other things in terms of strengthening the relationship between Japan and the CNMI and creating other opportunities for the economy.

Skymark assistant general manager John Furuya said that many of the passengers aboard the inaugural flight were businessmen, that the beginning of December in Japan is also a very good time to invest.

Furuya said they had to go through a lot of things such as regulatory requirements to make sure that each step of the process is done right, particularly since "this is our very first international operation,"

See SKYMARK on Page 4



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# Samoa measles epidemic worsens with 24 children now dead

By NICK PERRY  
ASSOCIATED PRESS

WELLINGTON, New Zealand (AP)—Authorities said Monday that a measles epidemic sweeping through Samoa continues to worsen with the death toll rising to 25, all but one of them young children.

"We still have a big problem at hand," Samoa's Director General of Health Leusa Take Naseri said in a video statement.

He said more than 140 new cases of people contracting the virus had been recorded within the past day, bringing the total to about 2,200 cases since the outbreak began last month. He said there are about 20 critically ill children who remain in hospital intensive care units.

Samoa declared a state of emergency nine days ago, closing all its schools, banning children from public gatherings and mandating that everybody get vaccinated. Teams of people have been traveling the country administering thousands of vaccines.

The government also shut down a private clinic and is investigating how hundreds of vaccines were taken without authorization and then sold for a fee.

The median age of those who have died is 13 months, according to government figures. The deaths include 24 children under the age of 5, 11 of whom were infants under 12 months. The other person who died was in their 30s.

In all, 679 people have been admitted to Samoan hospitals with the disease, accounting for two-thirds of all recent hospital admissions. A majority have been discharged, with about 183 remaining in hospitals.

"These hospitals are not designed to deal with this," Dr. Scott Wilson told Newshub in the capital, Apia. "The minute you get hospitals running at 200 to 300 percent capacity—I think it speaks for itself. It's incredibly serious."

Figures from the World Health Organization and UNICEF indicate that measles immunization rates among Samoan infants have fallen steeply from over 70% in 2013 to under 30% last year.

Helen Petousis-Harris, a vaccine expert at New Zealand's University of Auckland, said the Samoan government halted its immunization program for several months last year after two infants died from a medical mishap involving a vaccine.

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# CNMI represented in Obama Foundation program

By **ERWIN ENCINARES**  
erwin\_encinares@saipantribune.com  
REPORTER

Two CNMI residents were selected to join 200 hand-picked leaders from a total of 33 nations and territories in the region to participate in the inaugural cohort for a new program under the Obama Foundation Leaders.

Rep. Sheila J. Babauta (Ind-Saipan) and Samantha Birmingham-Babauta were both selected to participate in

the first cohort for the Obama Foundation Leaders: Asia-Pacific program in Kuala Lumpur, Malaysia, from Dec. 10, 2019, to Dec. 14, 2019.

Of the 200 participants, 10 are from Micronesia: Four from Guam, two from the CNMI, one each for Palau and the Federated States of Micronesia, and two for the Republic of Marshall Islands.

According to its website, the program is a one-year leadership development and

community engagement program that seeks to inspire, empower, and connect emerging leaders from across the Asia-Pacific region.

Birmingham-Babauta is an advocate for health in the Pacific, where she works to promote physical activity as a low-cost intervention, especially for non-communicable diseases, in the community. Birmingham-Babauta interned with the Centers of Disease Control and Preven-

tion after graduating from California State University in Northridge with a degree in Kinesiology.

Babauta, on the other hand, is a member at the 21st Legislature, representing Precinct IV in the House of Representatives. She graduated high school through the CNMI Public School System before heading to the University of Hawaii at Manoa, where she got her finance and international busi-

ness degree.

According to a statement from her office, the five-day meet-up in December will consist of skill-building workshops, leadership development training, and opportunities for participants to connect with one another in tackling real-world scenarios while using creative approaches to problem-solving. Additionally, participants will take part in a community service project.

Those interested in tuning in

for the sessions can catch the livestream [obama.org](http://obama.org).

Participants will continue to be with the program remotely for a year, through webinars and a virtual speaker series, as well as support, amplification, and other opportunities from the Obama Foundation.

"The Asia-Pacific program follows the Obama Foundation's inaugural international Leaders program launched in Africa in 2018" the statement from Babauta's office noted.

## CHCC observes World AIDS Day

In observance of World AIDS Day yesterday, Dec. 1, the Commonwealth Health Care Corp. HIV/STD Resource and Treatment Center encourages anyone who has had unprotected sex or shared needles for injection drug use to

get tested.

Knowing your status is important, not only for yourself but for your sexual partners. An HIV test can take as little as 30 minutes to get results, and the sooner you know your status, the more control you have in

prevention and treatment.

World AIDS Day is observed each year on Dec. 1, and is an opportunity for people worldwide to unite in the fight against HIV/AIDS, show their support for people living with HIV, and remember those

who have passed away.

Started in 1988, World AIDS Day was the first ever global health day.

The theme for World AIDS Day 2019 is "Ending the HIV/AIDS Epidemic: Community by Community." Since 1997, the CNMI has had less than 50 cases of HIV/AIDS. Although the numbers are low, it does exist.

Human immunodeficiency virus is a virus that attacks the immune system, our body's natural defense against illnesses, which makes a person with HIV more vulnerable to other diseases and infections like pneumonia and tuberculosis. HIV can be passed from person to person through unprotected sex or sharing needles for drug use. Mothers with untreated HIV can give it to their babies during pregnancy and birth, and mothers who are HIV positive cannot breast-feed their children. Without medication, HIV can also lead to Acquired Immunodeficiency Syndrome. People are diagnosed with AIDS when their cell count, known as the CD4, drops below 200 cells/mm or when they develop certain illnesses such as pneumocystis pneumonia, certain types of

cancer, and candidiasis, also known as thrush.

Today, many new treatments are improving the lives of people living with HIV/AIDS. Most patients take daily medication, usually in the form of pills, called antiretroviral therapy. The goal of ART is to get a person's HIV down to an "undetectable viral load"—also called being virally suppressed. This means that the level of HIV in a person's blood is very low and, according to the U.S. Department of Health and Human Services, "people with HIV who maintain an undetectable viral load have effectively no risk of transmitting HIV to their HIV-negative partner through sex."

HIV is a lifelong diagnosis, but the disease is better understood than even just a few years ago and treatment is available. CHCC provides prevention and testing services, which aim to prevent infections before they occur and reduce the impact on people who are affected, in addition to treatment options. For more information on testing or an appointment with a medical provider, contact the HIV/STD Resource & Treatment Center at (670) 664-4050.

Condoms are also a crucial part of HIV and STD prevention. Using condoms correctly can significantly reduce your chances of passing STDs to your partner or partners, and are also effective at preventing pregnancy. The CHCC Family Planning Program offers condoms at no charge to all CNMI residents. Contact the Family Planning Program at (670) 234-8951 (choose the option for Family Planning) or (670) 664-8701 for more information, or pick up some free condoms at the CHCC Public Health Office (by the dental clinic), the Maternal and Child Health Bureau Office on the fourth floor of Marianas Business Plaza, the CHCC Outpatient Pharmacy, PHI Pharmacy in Dandan, the Rota Health Center and the Tinian Health Center.

For more information on World AIDS Day, visit: <https://www.worldaidsday.org/>.

For more information on HIV/AIDS, visit: <https://www.cdc.gov/hiv/default.html>.

For more information about CHCC programs, follow it on Facebook and Twitter at @cnmicccc, visit its website at [www.chcc.gov.mp](http://www.chcc.gov.mp), or call (670) 234-8950. **(PR)**

## 5-magnitude earthquake shakes Guam

A 5.0-magnitude earthquake occurred at 3:05am last Friday, Nov. 29, 106 kilometers south-southeast of Inarajan Village in Guam. Currently, there are no tsunami warnings

or advisories that were issued by the Pacific Tsunami Warning Center.

Last Nov. 21, a 4.9-magnitude earthquake occurred 60 kilometers west-northwest of

Agrihan in the Northern Mariana Islands at 5am.

For more information, contact the CNMI EOC State Warning Point at 237-8000. **(PR)**

## High surf, small craft advisories out

High surf and small craft advisories are in effect in the CNMI, according to the National Weather Service in Tiyan, Guam and compiled at the CNMI Emergency Operations Center-State Warning Point.

The public is being advised to avoid venturing into west and north facing reefs and beaches, as large breaking waves can knock you down and cause serious injuries.

The public and inexperienced mariners, especially

those operating smaller vessels, must avoid sailing in these conditions

Observations from the Tanapag Buoy and surf observations indicate the north swell has increased and is causing hazardous surf on north and west facing reef.

A high surf advisory is in effect until noon today, as surf has increased to hazardous levels of 10 to 12 feet. Surf is expected to decrease but remain hazardous at 7 to 9 feet for west facing reefs.

For east facing reefs, surf is not hazardous at 7 to 9 feet but is high enough to generate a high rip current risk.

Rip currents will be life-threatening and, if you become caught in a rip current, remain calm, do not exhaust yourself, stay afloat while waiting for help. If you have to swim out of a rip current, swim parallel to shore and back toward the beach when possible and do not attempt to swim directly against a rip current as you will tire quickly. **(Saipan Tribune)**

## Senator eyes diplomas for WWII-affected seniors

A Rota senator is pushing for honorary high school diplomas to be given to both current and former CNMI residents whose high school education was interrupted by World War II.

An unnumbered bill that Sen. Teresita Santos (Ind-Rota) has introduced seeks to honor current senior citizens whose schooling was interrupted by World War II to be given honorary high school diplomas.

"...Many of our current or former residents of the Commonwealth were unable to complete their education during World War II because many needed to work and rebuild their homes and lives or assist in the care of family members," the legislation noted.

The bill, if enacted, will in-

sert a new provision in Commonwealth law that authorizes the Public School System to award an honorary high school diploma to any current or former resident of the CNMI. This diploma can also be awarded posthumously.

To be eligible to receive the diploma, a current or former resident of the CNMI should not have previously received a high school diploma; resided in the CNMI from December 1941 to September 1945; would have been eligible to attend school but had his or her education interrupted by the war; and those who did not continue their education after World War II in order to work and rebuild their homes and lives.

The bill further authorizes PSS and the respective mayor's offices to work to implement it. **(Erwin Encinares)**

## SKYMARK

From Page 2

said Furuya.

He stressed that the safety of passengers is their highest priority. "So, we're very glad that everything now goes very well and smooth as we expected," he said.

It bodes well for Skymark that its inaugural flight to Saipan arrived a little earlier than scheduled. "I need to check the time. Because we are currently keeping the best on-time performance in Japan," said Furuya of the three-hour flight.

He said 80% of the passengers last Friday were businessmen and media from Japan.

Furuya hinted at expanding the number of Skymark's flights, saying they will work for more flights not only from Narita but also from other areas in Japan—for them to

come to fly to the CNMI.

Skymark currently has 150 flights a day in Japan and operates 29 Boeing 737-800 planes.

When asked if Skymark has concerns about the Saipan airport's facilities, Furuya said, "Currently, we don't see any problems or any difficulties. Everything goes very smooth. And we are very thankful. We're absolutely satisfied."

Furuya noted that Super Typhoon Yutu struck Saipan a year ago, so they understand that there's still few things under construction or in recovery, adding that they have been assured by CPA, the CNMI government, as well as the U.S. Customs and Border Protection and Transportation Security Administration, of further improvements.

Furuya said that tickets for the Skymark promotion called "Saipan Special" are almost

all sold out.

Skymark introduced the "Saipan Special" to mark the launch of the new route between Tokyo (Narita) and Saipan. Tickets is on sale from Nov. 1 to Dec. 31, 2019.

Under the "Saipan Special" promotion, from Nov. 29, 2019 to March 28, 2020, Skymark's special offer for one-way fare per passenger is \$38 or 3,800 in Japanese yen.

Taxes and fuel surcharge, however, will be imposed in addition to the applicable air fare.

Furuya said a lot of people from the CNMI have availed of the promotion.

Delta Airlines, which used to provide a direct flight to Tokyo, ceased operation in the CNMI about a year and a half ago, while Japan Airlines stopped operation in the CNMI 14 years ago. That makes Skymark the sole airline with direct flights from Tokyo

Kyoko Okada, 51, who was among the passengers of the inaugural flight, said it was a very nice trip.

Okada, who works in the Japan tourism industry, said this is her 10th trip to Saipan. She will spend two nights on the island.

Yusuke Kohase, a staff reporter of Japan-based *Aviation Wire*, said it's his first trip to Saipan at Skymark's invitation. Kohase said the flight was very comfortable.

"I'm very excited to see Saipan," he said.

Last March 22, Skymark made a historic touchdown on Saipan with a chartered B737-800 plane carrying 173 passengers, making it the first Japanese carrier to fly directly to Saipan since Japan Airlines withdrew from the CNMI in 2005.

From March to September this year, Skymark operated 19 charter flights to Saipan.

# Finance: We are transferring money to NMC

Finance Secretary David Atalig has described as false the rumor that the Department of Finance has not made any fiscal year 2020 remittances to the Northern Marianas College since October, noting that he recently made an allotment to the college.

Atalig told *Saipan Tribune* that his department just remitted \$750,000 to the college last week.

"We are transferring money...\$750,000, and then I have spoken with NMC interim president Frankie Eliptico about transferring more consistently weekly," he said,

adding that NMC had been "patient" with its limited resources since before the remittance of the \$750,000.

"[NMC] has been patient with using their resources when we weren't transmitting, but it's come to a point where they need the money and, fortunately our collections are a little better, so we were able to help out," he said.

Atalig noted that it is unclear whether the allotments that are being given to entities that have receivables from the Department of Finance such as NMC and the Marianas Visitors Authority are charging the remittances to the current fis-

cal year or to past obligations.

"...With NMC and MVA, I owe them allotments from last fiscal year. So, when I give them money, I don't know if they are crediting it for last year or [this year]. It may look like it is not [credited to] this

year, but I look at the total amount of what I owe them from last fiscal year and this [fiscal year's appropriation], then that is my total obligation," he said.

"As I transfer to them, they are probably applying credits

toward last fiscal year, which is the same result—they are getting cash," he added.

When asked if there needs to be a meeting to clarify where the allotments are credited to, he noted that he met with MVA's managing director last week to talk about more consistent transfers.

"Basically, [I] gave [them]

my word that I will be transferring more often," he said, adding that there was no formal agreement on the allotment frequency.

"There is no formal agreement, they are just communicating and sharing their needs. If they are short for payroll, then we will do our best to help. Bottomline is, my obligation is everybody gets paid. That is part of our priority," he added. *(Erwin Encinares)*

## Tropical disturbance poses no threat to Marianas

A tropical disturbance forming in Chuuk poses no threat to the CNMI and Guam, according to the National Weather Service in Tiyan, Guam.

Yesterday afternoon, the Joint Typhoon Warning Cen-

ter issued a Tropical Cyclone Formation Alert, Invest Area 95W. This means the potential for the development of a significant tropical cyclone (tropical depression) within the next 24 hours is high.

As currently forecast, 95W

will track westward through Chuuk and Yap states, passing well south of Guam. This will be the only Weather-Ready Nation Weather Alert for Guam and the CNMI regarding the disturbance near Chuuk. *(Saipan Tribune)*



## SPECIAL BOARD MEETING

Pursuant to Public Law 8-41, Section 11, the Marianas Visitors Authority hereby gives notice that a **Special Board of Directors Meeting** will be held on **Wednesday, December 4, 2019, at 2:00p.m.** in the MVA Conference Room, Saipan, MP 96950.

### MEETING AGENDA

1. **Preliminary Matters**
  1. Call to Order
  2. Roll Call
  3. Adoption of Agenda
  4. Adoption of Minutes
    - a. Regular Board Meeting - October 15, 2019
2. **Public Comments**
3. **Committee Reports**
  1. Finance Committee –
    - a. Fund Status Report - October 2019
4. **New Business**
  1. Skymark Airlines Inaugural Flight
  2. Tinian Mayor's Office Holiday Festivities
  3. Christmas Lights Sole Source Contract - MVA-SOLE-20-2018
5. **Old Business**
  1. Austerity Measures
  2. Invitation to Bid (ITB) for Banzai Cliff Peace Memorial Improvement - MVA-ITB-20-2017
  3. 1st Quarter FY2020 Korea Marketing Plans
6. **Executive Sessions**
7. **Miscellaneous/Announcements**
8. **Adjournment**

/s/ Marian Aldan-Pierce  
Chairperson, MVA Board of Directors

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# 5 students 'win' scholarships at CSO Scholarship Fair



Bernicia Sablan of Kagman High School is presented with a \$500 scholarship grant that she won last Saturday, Nov. 30, at the Scholarship Fair over the weekend at the Pedro P. Tenorio Multi-Purpose Center in Susupe.

IVA B. MAURIN

By IVA MAURIN  
iva\_maurin@saipantribune.com  
REPORTER

One lucky student received a scholarship grant worth \$3,000 from the CNMI Scholarship Office last Saturday, Nov. 30, as the celebration of November as CNMI Scholarship Month came to a close.

Harold Christopher L. Omotoy, an undergraduate junior taking Public Health Studies: Community Health at Portland State University, won the scholarship grant from the raffle that was held at the Scholarship Fair over

the weekend at the Pedro P. Tenorio Multi-Purpose Center in Susupe.

Four others—Bernicia Sablan of Kagman High School, Daniel Lizama from Rota, Chrizelle L. Omotoy (off-island but from Saipan), and Emilisa Norita of the University of Guam—each won \$500.

The CSO Scholarship Fair brought students closer to scholarship providers, where the young members of the community were able to get information on the many programs available that could help make college affordable

to students in the CNMI.

"I am here with a couple of my friends from Saipan Southern [High School] because colleges are expensive, the majority are expensive. We are here to get more information to apply for scholarships so when we go to college, we do not have to pay so much," said Nehemiah Fernandez, student of Saipan Southern High School.

CSO administrator Rose Pangelinan Camacho said the monthlong celebration highlighted the power of scholarships and the people



Young members of the community were able to get information on the many scholarship programs available to CNMI students at the Scholarship Fair over the weekend at the Pedro P. Tenorio Multi-Purpose Center in Susupe.

IVA B. MAURIN



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behind them.

"To get an education is a way to better the lives of the students and their families," Camacho said.

"Families also have the burden of the financial expenses for the students going to school, as well as the students [themselves]. We hope that, after getting their education and training, they will have better lives, be able to get better, higher-paying jobs, and improve their lives and their families," she added.

Present to answer the questions of students at the Scholarship Fair were Bank of Hawaii, Bank of Saipan, Department of Labor, Bureau of Environmental and Coastal Quality, Department of Public Works, Office of Congressman Gregorio Kilili, Northern Marianas College, Joeten Daidai Foundation, and Saipan Higher Education Financial Assistance.

For more information about scholarship, contact CSO at (670) 664-4750 or visit [www.cnmischolarship.net](http://www.cnmischolarship.net).



The MHS Rhythm 'N Harmony sings at Kanoa Resort's first-ever Christmas tree lighting ceremony last Saturday at the Susupe landmark's lobby.

MARK RABAGO

# Kanoa holds first Christmas tree lighting ceremony

By **MARK RABAGO**  
mark\_rabago@saipantribune.com  
ASSOCIATE EDITOR

Kanoa Resort had its first-ever Christmas tree lighting ceremony last Saturday that was accompanied by a *cap-pella* singing and ukulele playing at the Susupe landmark's lobby.

Hotel general manager Martin Jambor thanked Kanoa Resort staff for making the Christmas tree lighting possible.

"We decided to go full blast [in celebrating Christmas] this year. They've been working extra hard these past few days. Thank you very much [to our staff]," he said.

The MHS glee club Rhythm 'N Harmony and the Saipan Community School Ukulele Band both performed at the event.

The MHS glee club sang four songs—*Hark the Herald Angels Sing*, *Mary Did You Know?*, *Sleigh Ride*, and *White Winter*—while the SCS ukulele band strummed *White Christmas*, *Jingle Bells*, *Feliz Navidad*, and the Hawaiian Christmas classic *Male Kaliki Make*.

Glenn Policare, Kanoa Resort operations director, said Kanoa Resort had always celebrated the holidays in years past, but Jambor and the rest of the hotel staff really wanted to do something special for the community, their guests and employee this year.

"This year was different

as we wanted to celebrate, whereas last year we were still very much in recovery mode," he said.

The tree lighting was also intended to highlight Kanoa Resort's participation in the Toys for Tots program, where toys are donated by the community for distribution this holiday season. Kanoa Resort is teaming up with the Saipan Young Professionals and the U.S. Marine Corps for this.

"Our team got together and put this event together to celebrate the coming holiday season and to highlight our Toys for Tots drive," Policare said.

A number of children joined a raffle last Saturday, where an unwrapped toy gave them a raffle ticket for a chance to get a prize from Toys for Tots.

As far as the Christmas tree lighting went, Policare admitted to getting a bit teary-eyed. "When I saw all the people in the lobby and then heard them counting down from 10, I got chicken skin," said Policare. "Our team went through a fairly intense rehearsal to make sure we got the timing just right. When the glee club hit the first note, my heart smiled."

"This was our inaugural event and we could not have been happier with the turnout. Thank you for all of our performers, the community for attending and to all the team who put this together," he added.



The Saipan Community School Ukulele Band perform at Kanoa Resort's first Christmas tree lighting ceremony last Saturday.

MARK RABAGO

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# It's officially Christmas in the Marianas!

By IVA MAURIN  
iva\_maurin@saipantribune.com  
REPORTER

Christmas in the Marianas officially kicked off last Saturday at the Paseo de Marianas with the lighting of a giant Christmas tree at the Paseo, the event made even more special by the participation of Skymark Airlines Inc., which made its inaugural daily flight between Saipan and Tokyo

last Friday.

It was a night of friendship as delegates from Japan, led by *Skymark* chair and director Nobuo Sayama, were warmly welcomed by the Saipan community at the first day of the five-week Christmas in the Marianas celebration.

"I will bring many friends from Japan to Saipan," Sayama said, which brought loud cheers from the crowd. The

airline chairman also gamely led the countdown to the festival opening, with everyone else chiming in.

It has become an annual tradition to decorate and light up the Paseo de Marianas for residents and tourists to enjoy throughout the holiday season. The activity is led by the Marianas Visitors Authority, PDM Promoters, Inc., Team PDI, among many others.

"We invite you to stick around for the rest of the night and every Saturday to enjoy all the festivities for Christmas. I would like to wish you all a merry Christmas and happy holidays," said MVA managing director Priscilla M. Iakopo.

Aside from the ceremonial lighting of the official Marianas Christmas tree, the community also enjoyed a perfor-

mance by the Saipan Awaodori dancers and Christmas caroling by elementary students from Kagman, Green Meadow, Koblerville, Oleai, San Vicente, Mount Carmel School, Saipan International, Grace Christian Academy, Agape Christian, and Green Meadow Middle School.

The many Christmas trees lining up the Paseo that many

schools decorated with recycled materials were also a hit among families and tourists.

The Christmas caroling continues for middle, junior, and high schools next Saturday, Dec. 7, from 6pm to 10pm.

For more information, contact MVA Community Projects specialist Ray Villagomez at rvillagomez@mymarianas.com or (670) 664-3200/1.



Skymark Airlines, Inc. chair and director Nobuo Sayama led the decoration of the official Marianas Christmas tree at the kickoff celebration of the five-week Christmas in the Marianas celebration that began Saturday, Nov. 30, at the Paseo de Marianas in Garapan.

IVA MAURIN



Skymark Airlines, Inc. chair and director Nobuo Sayama, center, poses with, from left, PDI managing director Gordon Marciano, MVA Japan in-country manager Takashi Ichikura, Saipan Awaodori team organizer Masako Kamata, and MVA managing director Priscilla M. Iakopo, at the kickoff celebration for the five-week Christmas in the Marianas celebration that began Saturday, Nov. 30, at the Paseo de Marianas in Garapan.

IVA MAURIN



Members of the Saipan community and many tourists watch the kickoff celebration of the five-week Christmas in the Marianas that began last Saturday, Nov. 30, at the Paseo de Marianas in Garapan.

IVA MAURIN



# Pelagio wins Las Vegas Night's grand prize



IVA MAURIN

The Rotary Club of Saipan's biggest fundraiser, Las Vegas Night, drew lots of people last Saturday to the Hibiscus Hall of the Fiesta Resort & Spa Saipan in Garapan.



By IVA MAURIN  
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REPORTER

It was a lucky night for Eduardo Pelagio, whose ticket won the grand prize at the Rotary Club of Saipan's biggest fundraiser, Las Vegas Night, at the Hibiscus Hall of the Fiesta Resort & Spa Saipan in Garapan last Saturday night.

As the grand prize winner, Pelagio, of *Marianas Variety*, has a choice between a brand new 2020 Mirage G4 sedan or hatchback or \$10,000 in cold hard cash.

Other winners include ticket holder QQ Car Rental (ticket number 08297) which won \$1,000; Jeffrey Malitan (03372), who won \$700; Jherto S. Inocencio (05272), who won \$500; Kodep Ulodong (09934), who won \$300; and Imelda R. Mendiola (01581), who won an Amazon Fire7 tablet.

"Thank you everyone, thank you very much for your support," Rotary Club of Saipan president Marcia Ayuyu said as she wished the players good luck at the beginning of the games. "We have so many things that we want to do, and without you, we would not be having our proj-



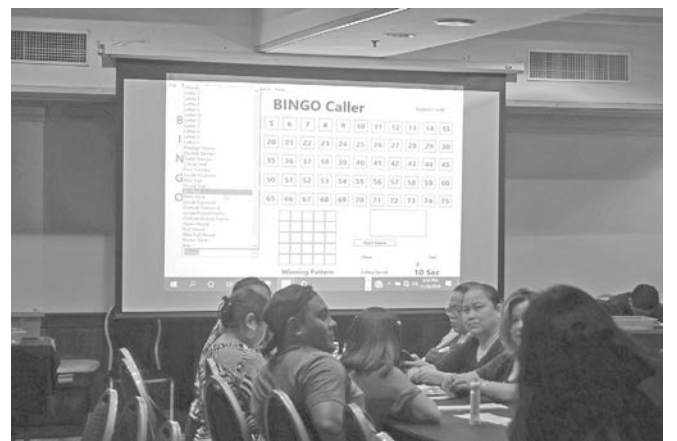
## » Children's playground to be built from proceeds

ects in the community."

Proceeds of the night's event would fund the Rotary Club of Saipan's community projects, which include providing meals to the elderly, donating dictionaries to schools, maintaining school bus shelters, putting up welcome signs for tourists at the airport, and so much more.

The Rotary will also use a portion of the money to build a playground for children with disabilities on the island.

While some players hit hard as they tried their luck on casino games such as blackjack, roulette, Texas Hold 'Em, three-card poker, and Baccarat, several members waited patiently on the sides for the raffle prizes. There was also a separate section for bingo games.



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# Opinion

Hafa Adai!

## Saipan Tribune

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### EDITORIAL

## Family, fun, and food-borne illness

For the third year in a row, public health officials are warning people not to eat romaine lettuce. In this current outbreak, lettuce traced to the Salinas Valley was found to contain a dangerous strain of the E. coli bacteria that has made at least 67 people sick in California and 18 other states. And everyone should heed this warning because the strain, O157:H7, is a particularly nasty one that can cause kidney failure and even death.

It's also the same strain that was making people sick in 2017 and 2018, a worrisome trend that underscores the danger in the FDA's decision to put off rules requiring microbial testing of the water that farmers use to irrigate their produce. But tossing out suspected greens won't guarantee that everything else in the Thanksgiving meal is safe. Indeed, even in the absence of any current turkey recalls, all birds should be treated as if they are armed—with salmonella, campylobacter or E. coli—and dangerous to your health.

Slaughterhouse inspections regularly turn up these bacteria, which are found in raw poultry and other food sources. Collectively, they cause millions of cases of food poisoning each year. But we only hear about a recall related to a bacterial-driven outbreak when the contamination is traced directly back to a source, which is not an easy task.

So play it safe and assume that the raw turkey and chicken in the fridge awaiting its moment in the oven harbors bacteria that could make people sick. That means making sure the bird is properly cooked, killing the bacteria in the process. The meat should reach an internal temperature of at least 165 degrees, which may require investing in a reliable meat thermometer.

Another safety tip from professionals is to avoid washing the bird before cooking. It may sound counterintuitive; washing promotes good hygiene, right? That is certainly true when it comes to hands and cooking implements and surfaces, so keep doing it. But not for bacteria-clad turkey or chicken.

Food safety experts say the admonition to wash poultry before cooking it—an instruction that has been passed down from generation to generation and repeated in countless recipes—is contradicted by research on how bacteria are transmitted. Earlier this year, the USDA released the results of an observational study of poultry preparation habits that found 60% of participants who washed raw poultry ended up with contaminated sinks, increasing the risk for cross contamination of fruits and vegetables also washed in the sink. Even more alarming, 14% of those sinks remained contaminated even after being cleaned.

Yuck. That's an unappetizing thought. But as long as we're living with E. coli and salmonella, you'll need to keep an eye out for produce and poultry recalls.

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## There's no reason workers can't be corporate owners

Why aren't companies owned by the people who work for those companies? It seems like a natural way to organize a business. Americans are used to the standard setup: outside shareholders elect a board of directors that chooses executives to run the business. But there's no legal reason companies have to be structured this way. The rules of American capitalism allow for workers to be the shareholders in their own business, and to make decisions for that business. But as of 2016, there were only 357 worker cooperatives in the entire U.S., employing just 7,000 people.

Worker-owned businesses might not act much differently from conventional companies in the market. Whether a company is owned by outside shareholders or by its own employees, the incentive to maximize profits should be similar. It seems unlikely that cooperatives would be more altruistic, honest or socially responsible than the corporations that exist now.

The big differences would come in the way companies are organized, and who reaps the benefits. Corporate profits now represent about 6.6% of U.S. gross domestic income, while labor compensation is 43.2%.

That means that if profits flowed to workers instead of distant shareholders, the average worker could get a raise of about 15%.

What's more, cooperatives might help reduce inequality. Workers in a cooperative can vote to pay executives less and pay themselves more, making the compensation structure more egalitarian for the entire company. There is some evidence that this happens. Mondragon Corp., Spain's largest worker-owned business, pays its chief executive officer just nine times as much as the average worker—a much lower ratio than most companies in the U.S.

It's hard to measure, but flatter corporate hierarchies might yield intangible benefits, too. Instead of feeling like rented labor, workers who own part of their employer might feel a greater sense of ownership, pride, control and loyalty.

Beyond reducing inequality and giving labor a bigger slice of the pie, that might lead to higher productivity. Better morale might make workers put more effort into their jobs and to encourage their coworkers to work harder. Cooperatives might also benefit from more direct worker input, bringing first-hand knowledge of production into the decision-making process.

Data on this question is mixed. A landmark 1995 study of plywood manufacturers by economists Ben Craig and John Pencavel found that in terms of output per hour, conventional businesses had higher productivity than cooperatives, but in terms of total factor productivity—which measures the efficiency with which companies use all their inputs—the co-ops had the edge. This suggests that cooperatives don't encourage greater effort, but they do organize production in more efficient ways. A 2012 paper by economists Fathi Fakhfakh, Virginie Perotin and Monica

By **NOAH SMITH**  
Bloomberg News

Noah Smith is a Bloomberg Opinion columnist. He was an assistant professor of finance at Stony Brook University, and he blogs at Noahpinion.



Gago found a similar result for cooperatives in France.

A final benefit of cooperatives is that they might be less subject to asset-stripping by short-term investors and shed fewer workers in recessions. There is some evidence that cooperatives have higher survival rates than other businesses, especially during the recent recession. These effects might be magnified in the U.S., with its more rapacious private-equity industry.

Worker cooperatives thus seem like they hold the potential to fuse the best elements of capitalism—free markets and private enterprise—with the age-old socialist dream of workers owning and controlling the means of production. So why are they so rare?

One obvious reason is that they're hard to get off the ground. Since banks and lenders are generally unwilling to lend money to new companies with little collateral or proven ability to make payments, early-stage companies tend to fund themselves by selling their stock—but cooperatives can't do this, or they're no longer cooperatives.

Another reason is that cooperatives may suffer from distorted incentives. Whereas a traditional corporation will try to pay high-ability employees more (so as not to lose them to the competition), co-ops may opt for less variation in pay. Economist Michael Kremer has suggested that democratic redistribution within cooperatives dulls worker effort, while economist Gabriel Burdin has found evidence that more skilled and ambitious workers tend to quit co-ops.

There's no shortage of other potential explanations for the rarity of cooperatives. Yet these businesses may slowly be gaining on their more ruthless capitalist cousins. As big businesses gobble up smaller ones, cooperatives may have a survival advantage. Meanwhile, a team of legislators including Senators Bernie Sanders and Elizabeth Warren has introduced a plan to help promote worker-owned businesses. The plan would offer low-interest loans to cooperatives, helping them surmount the financing barrier. It would also provide funding to states to provide training and technical support for workers looking to start this sort of business.

So although it will be slow going, worker cooperatives may eventually become an important piece of a healthier, more egalitarian economy.

**EDITORIAL POLICY**

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to [editor@saipantribune.com](mailto:editor@saipantribune.com); or through our website at [www.saipantribune.com](http://www.saipantribune.com).

## From Iran to Chile to Sudan, protests take hold around the world

**F**rom Chile to Sudan, Lebanon to Colombia, mounting anger and frustration over rising economic and social inequality, political corruption and disillusionment with democratically elected and authoritarian governments have led to a wide array of mass protests in recent months.

On the surface it might appear they mark a distinctive period in international politics. But analysts say that there have been several such large-scale waves of mass protests in recent decades.

The backdrop to the protests of the 1980s and 1990s was largely the spread of democracy, particularly in Eastern Europe after the fall of the Soviet Union. What's changed is that since the early 2000s, major protests have become more wide ranging, and reaching all corners of the world.

"Governments are not performing worse than they were 30 years ago, but as they grow they create winners and losers," said Thomas Carothers, a democracy expert at the Washington-based Carnegie Endowment for International Peace. "Citizens have higher expectations now ... over the last 10 years we've seen an increasing pattern of large-scale protests."

He added that the power of social media has also helped mobilize protesters. "I see technology as an accelerator," he said.

A 2013 study analyzing 843 protests in 84 countries across the globe between January 2006 and July 2014 found that the main grievances were economic injustice and a perceived failure of political systems.

Current protest movements are often spearheaded by financially strapped young adults increasingly fed up with their plight, which they believe is the result of corrupt political elites.

Many have been driven by country-specific grievances, often stemming from the fallout of the 2008 worldwide financial crisis, according to Carothers.

"This is a very broad rejection of systems. It's not very ideological," he said, adding that large-scale protests have been taking place both in longstanding authoritarian and democratic nations.

Some major one-issue protests have quickly morphed into movements concerning larger grievances.

In Iran this month, it was an official announcement that gasoline prices would be raised by as much 50% that sparked mass protests, which have since transformed into demonstrations against government corruption.

"There's frustration with the operation of political systems and how they are distributing resources and power," said Robert O'Brien, a political science professor at McMaster University in Ontario, Canada.

Despite the increase in large-scale protests, success rates appear to have declined since 2010, according to a 2017 study

spearheaded by Erica Chenoweth, a political scientist at Harvard University.

"Authoritarian leaders have begun to develop and systematize sophisticated techniques to undermine and thwart nonviolent activists," Chenoweth wrote.

Another reason for a decline, according to John Chalcraft, a professor of Middle East history and politics at the London School of Economics and Political Science, is that people are embracing a leaderless protest model.

"You see it in Lebanon and some extent in Hong Kong ... there are limits to what they can achieve because you need leadership in order for protests to engage and transform civil society," he said.

Below is a look at what is driving current protests:

**IRAN**

Soon after Iranian President Hassan Rouhani's announcement last week that fuel subsidies would be slashed, resulting in up to 50% hikes in gasoline prices, tens of thousands rallied in cities across Iran. Authorities reacted by firing tear gas and live ammunition into crowds, according to a report by Amnesty International. At least 106 people have been killed since protesters took to the streets Nov. 15, the report found. The actual number could be much higher, but because authorities blocked internet access for Iranians since Nov. 16, the flow of information stagnated. On Thursday, some provinces in Iran reported that the internet had been restored, the semi-official ISNA news agency said.

**SUDAN**

Protests began last December over then-President Omar Hassan Ahmed Bashir's decision to trim bread and fuel subsidies. After Bashir was overthrown in an April coup following nearly three decades of rule, mass demonstrations continued, with protesters calling for the military government to hand over power to civilians. In August, protest leaders—largely made up of young doctors and lawyers—reached a power-sharing arrangement due to last for 39 months.

**LEBANON**

What started as a protest against a tax on WhatsApp calls morphed into 4 million people from all walks of life taking to the streets last month. That led to the ouster of Lebanese Prime Minister Saad Hariri, nearly two weeks after the demonstrations erupted. But tensions remain high with calls for an end to government mismanagement and corruption. The protests have been largely peaceful, although Amnesty International docu-

By **MELISSA ETEHAD**

Los Angeles Times



mented incidents of excessive force. One person died when a Lebanese soldier used live ammunition and shot at protesters. The person who was killed was Alaa Abou Fakhr, a 39-year-old father of three.

**CHILE**

As in Iran and Lebanon, protests in Chile were triggered by a price hike on an economic staple. In this case, it was a 4-cent spike in subway fares announced Oct. 6. Students led the charge, organizing social media campaigns encouraging people to jump subway turnstiles. The protesters later began demanding improvements in pensions, healthcare and education. They are now calling for a new constitution to replace the one drafted in 1980 during the dictatorship of Gen. Augusto Pinochet.

**COLOMBIA**

Tens of thousands of Colombians discontented with President Ivan Duque and economic inequality, took to the streets Thursday amid growing unrest in South America; protests have also rocked Bolivia, Ecuador as well as Chile. In Colombia, according to the World Bank, the top 10% of earners received 39% of the nation's income in 2017.

**IRAQ**

More than 300 people—including at least 13 Sunday—have died during demonstrations that have gripped Baghdad and Shiite Muslim-dominated provinces since Oct. 1. Largely leaderless, the protests have been organized on social media by citizens frustrated with government corruption and high unemployment. The protesters also aim to overhaul Iraq's sectarian power-sharing system imposed after the 2003 U.S.-led invasion. Authorities responded with live ammunition and tear gas. Although a majority of the country's revenue comes from oil—an estimated \$79 billion worth—ordinary Iraqis struggle to make ends meet; 22% of Iraqis live in poverty and unemployment hovers around 11%, according to the World Bank.

## Be thankful America is not fighting 'endless wars'

**"T**hank you for your service." Our troops hear that often from their fellow Americans, and not just during the holiday season. Well, our gratitude can go even deeper. We can also be thankful that they are not fighting "endless wars."

Calls for "no more endless wars" may be catchy, but they're a bumper-stick excuse for a serious foreign policy. Sure, there are many intractable conflicts around the world. But that's not what defines America's military deployments. And if the president's critics could look at the facts on the ground, free from political bias, they would see that his administration has done an excellent job aligning America's global footprint with U.S. national interests.

The White House has drawn the most criticism for its operations in Syria, which without question will remain a fractured country plagued with instability and conflict for years to come. This, simply put, is not our war. That didn't stop critics from assailing the president. Nor did they retract their criticism when it became clear that while we aren't planning on being a party to the conflict, we aren't walking away from our responsibility, either.

The U.S. is adjusting its presence to continue the fight against ISIS and positively contribute to minimizing conflict that im-

pacts its friends and allies. What the president is doing throughout the Middle East is transitioning to a more sustainable posture, one that equitably shares the burdens while keeping the pressure on ISIS and Iran, the chief destabilizing threats in the region.

In a similar manner, the U.S. is still in Afghanistan. But we aren't fighting a war. We are, along with our NATO allies, providing advice and support to the Afghan people who are defending themselves.

They don't want to live under the oppression of the Taliban. Supporting them is not only a noble mission, it serves U.S. interests. If the Taliban overran Afghanistan again, we would be right back to the dangerous conditions we faced on 9/11.

In Western Europe, this administration has actually increased America's military might \_ not to fight a war, but to deter a future one. And it's hard to argue with success. Under Trump's watch, not one more inch of European soil has fallen into Putin's grasp. That's a record that can't be matched by the last two presidents.

In Asia, China is undergoing an unprecedented military expansion. No one outside of Beijing thinks that's going to make the world a safer place. There's no question that the U.S., in concert with its allies, needs to step up and counter this expansion. That's far from war mongering. Support for that effort is also

By **JAMES JAY CARAFANO**

The Heritage Foundation

*James Jay Carafano, a 25-year U.S. Army veteran, is vice president of The Heritage Foundation's Davis Institute for National Security and Foreign Policy, as well as its E. W. Richardson Fellow.*



truly bipartisan, recognizing America has to do more to ensure its future as an Indo-Pacific power.

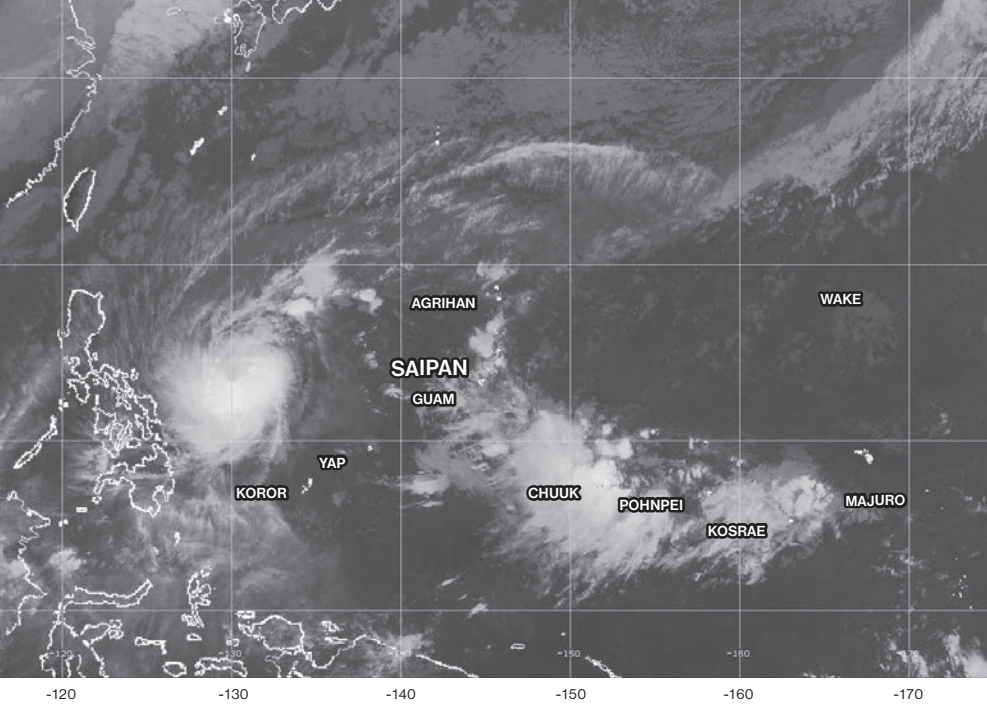
In other places around the world, our troops are deployed in numbers large and small. They aren't looking for a fight. They aren't looking to own a square foot of soil. They are there because America is a global power with global responsibilities.

They aren't the world's policeman, but they are looking after our interests around the world. They are part of America's most important export \_ a force for peace and stability.

So as we remember our troops this holiday season, often experiencing about as much comfort as the exhausted, ragged Continental army did when heading for its winter camp in Valley Forge, let's remember exactly why we should be grateful.

# The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breezy. Partly sunny with isolated showers. East winds 20 to 25 mph.		Breezy. Partly sunny with isolated showers and thunderstorms. East winds 20 to 25 mph		Breezy. Partly sunny with isolated showers and thunderstorms.		Mostly cloudy with isolated showers and thunderstorms.		Partly cloudy with isolated showers	
87°	77°	87°	77°	87°	77°	86°	76°	86°	76°
YESTERDAY'S SATELLITE IMAGE									



**PICTURE TIME: 10:49 AM, SUNDAY, DECEMBER 1, 2019**  
Western North Pacific between equator and 25N from 130E to 180.

Observations form Tanapag buoy show swell height jumped to 9 feet with a period of 12 seconds. this would yeild a surf heigh of between 10 to 12 feet. Observations also indicate surf has risen on west facing reefs as well. Issued High Surf Advisory through noon Monday.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: [www.prh.noaa.gov/guam/](http://www.prh.noaa.gov/guam/)

MICRONESIA			▲▼°F
Guam and Rota	Thunderstorms	86° / 79°	
Palau	Mostly Cloudy	87° / 78°	
Yap	Thunderstorms	86° / 79°	
Chuuk	Thunderstorms	84° / 78°	
Pohnpei	Thunderstorms	84° / 77°	
Kosrae	Thunderstorms	84° / 77°	
Majuro	Thunderstorms	85° / 80°	

AROUND THE GLOBE			▲▼°F
Auckland	Rain	75° / 61°	
Beijing	Sunny	46° / 21°	
Hong Kong	Mostly Sunny	70° / 55°	
Honolulu	Partly Cloudy	82° / 72°	
London	Sunny	45° / 30°	
Los Angeles	Partly Cloudy	68° / 53°	
Manila	Thunderstorms	81° / 79°	
Melbourne	Windy	66° / 52°	
Miami	Showers	83° / 52°	
New York	Mixed	43° / 34°	
Osaka	Partly Cloudy	52° / 43°	
Paris	Partly Cloudy	45° / 36°	
Busan	Mostly Sunny	50° / 37°	
Rome	Rain	63° / 54°	
Salem	Partly Cloudy	48° / 31°	
San Francisco	Rain	58° / 52°	
Seoul	Partly Cloudy	39° / 23°	
Tokyo	Mostly Sunny	59° / 43°	
Washington, DC	Showers	44° / 35°	

## NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- \*11 on any IT&E cellular phone
- Log on to the internet at [www.nmicrimestoppers.net](http://www.nmicrimestoppers.net)

TIDES: SAIPAN HARBOR TODAY			FEET
5:22 AM	LOW TIDE	-0.24	
1:04 PM	HIGH TIDE	1.61	
6:57 PM	LOW TIDE	1.07	
10.31 PM	HIGH TIDE	1.28	

DAY	SUNRISE	SUNSET
Today	6:27 AM	5:44 PM
Tuesday	6:27 AM	5:45 PM
Wednesday	6:28 AM	5:45 PM
Thursday	6:29 AM	5:45 PM
Friday	6:29 AM	5:45 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	11:10 AM	10:49 PM	-
Tuesday	11:52 AM	11:39 PM	-
Wednesday	-	12:32 PM	-
Thursday	-	12:27 AM	1:09 PM
Friday	-	1:13 AM	1:45 PM

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FLIGHT SCHEDULE AS OF OCTOBER 27, 2019							
DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	9:15am	9:55am	Daily	UA174	7:30am	8:10am	Daily
UA105	6:20pm	7:00pm	2, 4	UA104	4:50pm	5:30pm	2, 4
SAIPAN-BUSAN (PUS)				BUSAN (PUS)-SAIPAN			
7C3451	3:20am	6:30am	Daily	7C3452	9:35pm	2:30am+1	1, 2, 4, 5, 6, 7
				7C3452	10:05pm	2:30am+1	3
SAIPAN-SEOUL (ICN)				SEOUL (ICN)-SAIPAN			
TW308	2:05am	6:05am	Daily	OZ6233	8:00am	1:20pm	2, 4, 6
OZ626	2:10am	6:10am	1	OZ623	8:55am	2:30pm	1, 3, 5, 7
OZ626	2:50am	6:25am	3, 7	7C3402	10:10am	3:30pm	Daily
OZ626	2:50am	6:40am	2, 4, 5, 6	OZ625	7:30pm	1:00am+1	7
7C3403	4:35am	8:35am	Daily	TW307	7:45pm	1:05am+1	Daily
OZ6243	3:20pm	7:10pm	2, 4, 6	OZ625	8:20pm	1:40am+1	1, 2, 3, 4, 5, 6
OZ624	3:50pm	7:40pm	1, 3, 5, 7	7C3404	10:10pm	3:40am+1	Daily
7C3401	4:30pm	8:25pm	Daily				
SAIPAN-SHANGHAI (PVG)				SHANGHAI (PVG)-SAIPAN			
3U8648	6:10am	8:50am	1, 4, 5, 7	3U8647	10:30pm	4:30am+1	3, 4, 6, 7
SAIPAN-HANGZHOU (HGH)				HANGZHOU (HGH)-SAIPAN			
JD396	7:30am	12:05pm	1	JD395	8:05am	3:30pm	4
JD396	4:50pm	7:55pm	4	JD395	8:50pm	5:00am+1	7
SAIPAN-GUANGZHOU (CAN)				GUANGZHOU (CAN)-SAIPAN			
3U8646	4:30am	7:50am	2, 6	3U8645	8:10pm	3:10am+1	1, 5
SAIPAN-BEIJING (PEK)				BEIJING (PEK)-SAIPAN			
MU764	1:30am	6:00am	3, 5, 7	MU763	4:50pm	12:30am+1	2, 4, 6
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
OZ626/701	2:10am	10:35am	1 via ICN	UA184/174	12:40am	8:07am+1	3, 6 via GUM
OZ626/701	2:50am	10:35am	2, 3, 4, 5, 6, 7 via ICN	OZ702/625	12:05pm	1:00am+1	7 via ICN
UA117/183	9:15am	9:50pm	Daily via GUM	OZ702/625	12:05pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
UA117/193	9:15am	11:50pm	2, 5 via GUM-ROR	UA192/174	10:40pm	8:07am+1	2, 5 via GUM-ROR
				UA184/174	10:55pm	8:07am+1	1, 3, 4, 6, 7 via GUM
				OZ704/6233	11:45pm	1:20pm+1	1, 3, 5 via ICN
				OZ704/623	11:45pm	2:30pm+1	2, 4, 6, 7 via ICN
SAIPAN-HONG KONG (HKG)				HONG KONG (HKG)-SAIPAN			
OZ626/721	2:10am	11:50am	1 via ICN	OZ746/6233	12:30am	1:20pm	2, 4, 6 via ICN
OZ626/721	2:50am	11:50am	2, 3, 4, 5, 6, 7 via ICN	OZ746/623	12:30am	2:30pm	1, 3, 5, 7 via ICN
UO43	5:35am	8:25am	1	OZ722/625	1:15pm	1:00am+1	7 via ICN
UO43	5:50am	8:40am	3, 5, 7	OZ722/625	1:15pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
OZ6243/9661	3:20pm	11:15pm	2, 4, 6 via ICN	UO42	6:25pm	1:20am+1	7
OZ624/9661	3:50pm	11:15pm	1, 3, 5, 7 via ICN	UO42	9:25pm	4:20am+1	2, 4, 6
LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, MU China Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, PR PAL Express; BC SkyMark ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)							
STAR MARIANAS AIR, INC.							
SAIPAN TO ROTA				1203	9:00AM	9:15AM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1204	10:00AM	10:15AM	Daily
1301	7:30AM	8:00AM	Daily	1205	11:00AM	11:15AM	Daily
1302	11:30AM	12:00PM	Daily	1206	12:00PM	12:15PM	Daily
1303	4:00PM	4:30PM	Daily	1207	1:00PM	1:15PM	Daily
				1208	2:00PM	2:15PM	Daily
				1209	3:00PM	3:15PM	Daily
ROTA TO SAIPAN				1210	4:00PM	4:15PM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1211	5:00PM	5:15PM	Daily
3101	8:15AM	8:45AM	Daily	1212	6:00PM	6:15PM	Daily
3102	1:45PM	2:15PM	Daily				
3103	4:45PM	5:15PM	Daily				
ROTA TO GUAM				TINIAN TO SAIPAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15PM	12:45PM	Daily	2102	7:30AM	7:45AM	Daily
				2103	8:30AM	8:45AM	Daily
GUAM TO ROTA				2104	9:30AM	9:45AM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2105	10:30AM	10:45AM	Daily
4301	1:00PM	1:30PM	Daily	2106	11:30AM	11:45AM	Daily
				2107	12:30PM	12:45PM	Daily
SAIPAN TO TINIAN				2108	1:30PM	1:45PM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2109	2:30PM	2:45PM	Daily
1201	7:00AM	7:15AM	Daily	2110	3:30PM	3:45PM	Daily
1202	8:00AM	8:15AM	Daily	2111	4:30PM	4:45PM	Daily
				2112	5:30PM	5:45PM	Daily
				2113	6:30PM	6:45PM	Daily

# Skymark Inaugural Daily Flight



Skymark Airlines Inc.'s president Masahiko Ichie, seated center, is flanked by Gov. Ralph DLG Torres and Lt. Gov. Arnold I. Palacios in a group photo during a press conference at the Francisco C. Ada/Saipan International Airport Friday afternoon. Behind them are, from left, House Speaker B.J. Attao, Saipan Mayor David M. Apatang, Senate President Victor Hocog, and two Skymark officials.

FERDIE DE LA TORRE



2019 Miss Marianas Shannon T. Sasamoto presents a shell lei to one of the passengers of Skymark's inaugural direct daily flight from Tokyo at the Francisco C. Ada/Saipan International Airport Friday afternoon.

CATHERINE ANDERSON



The Commonwealth Ports Authority's Aircraft Rescue and Firefighting special unit renders a water salute over Skymark Airline's plane, marking its inaugural daily direct flight from Tokyo, Japan, at the Francisco C. Ada/Saipan International Airport Friday afternoon.

CATHERINE ANDERSON



Vianny Mettao, a member of the Saipan Awaodori Team, carries shell leis that will be given to the passengers of Skymark Airlines' inaugural direct daily flight Friday afternoon at the Francisco C. Ada/Saipan International Airport.

FERDIE DE LA TORRE



Lt. Gov. Arnold I. Palacios, second from right, Saipan Mayor David M. Apatang, extreme right, chief of staff Angel Demapan, third from right, Commonwealth Ports Authority board chair Kimberlyn King-Hinds, second from left, and Marianas Visitors Authority deputy managing director Judy Torres, extreme left, wait with other Skymark team members for the arrival of the inaugural direct daily flight from Tokyo, Japan.

FERDIE DE LA TORRE



Gov. Ralph DLG Torres delivers a brief speech at a press conference at the departure gate soon after the arrival of Skymark Airlines Inc.'s inaugural direct daily flight from Tokyo Friday afternoon. Also in the photo, from left, are Senate President Victor Hocog (R-Rota), Saipan Mayor David M. Apatang, interpreter Takashi Ichikura, Skymark president Masahiko Ichie, Lt. Gov. Arnold I. Palacios, and Skymark general manager John Furuya.

FERDIE DE LA TORRE



Representatives of the Marianas Visitors Authority and 2019 Miss Marianas Shannon T. Sasamoto join members of the Saipan Awaodori Team and Masako Kamata, rightmost, at the Francisco C. Ada/Saipan International Airport Friday afternoon as they await the arrival of Skymark Airline's inaugural direct daily flight from Tokyo, Japan.

FERDIE DE LA TORRE



Gov. Ralph DLG Torres, fourth from left, and Lt. Gov. Arnold I. Palacios, third from right, poses with Skymark president Masahiko Ichie, third from left, and other officials at the tarmac of the Francisco C. Ada/Saipan International Airport Friday afternoon soon after the arrival of Skymark Airlines Inc.'s inaugural direct daily flight from Tokyo.

CATHERINE ANDERSON

## Business

# Himawari goes caffeinated with café opening

By MARK RABAGO  
mark\_rabago@saipantribune.com  
ASSOCIATE EDITOR

**K**nown for its traditional Japanese food, Himawari took a leap of faith last August with the opening of Himawari Café inside its grocery store and snack bar and beside its restaurant in Garapan.

Himawari Café actually had its soft opening in August 2019 and formal

opening date only last Nov. 1, said Himawari vice president Tatsushito Suzuki.

“[Our] customer have been looking for fresh coffee. We don’t have [them] before. We only had instant,” said Suzuki.

And like everything that Himawari does, Suzuki and company brought everything to bear in opening Himawari Café.

That included making a brew from only the best quality beans from Brazil, Columbia, and Tanzania and then roasting them in Japan before vacuum-sealing them and exporting them to Saipan. Executive chef Tomohiro Suga said the coffee beans that arrive on Saipan are then brewed in an espresso machine imported from Italy. All these make Himawari Café’s fresh coffee blends one-of-a-kind on Saipan.

Suzuki said as much when asked what makes their brew different from others on island: “Quality beans from around the world. Roasted in Japan and vacuum-packed and exported to Saipan.”

If you think you can just buy the roasted beans from Himawari and then brew the coffee yourself, that’s not going to happen, as Suzuki and Suga pointed out that the roasted beans are exclusive to Himawari and are not sold anywhere except in coffee form at the café.

So far, the best sellers at Himawari Café are its café latte, caramel, and macchiato when it comes to coffee and orange juice and strawberry smoothie when it comes to other drinks.

As for the snacks that come with the coffee,



MARK RABAGO

Himawari Café had its soft opening in August 2019 and formal opening date only last Nov. 1.

fee, juice drink, or smoothies, Suzuki recommends a quick visit to Himawari’s snack bar and bakery where there’s freshly baked assorted breads and pastries to choose from.

Himawari Café also sells takoyaki, which is a Japanese snack in the shape of little round balls containing pieces of octopus. It goes great with everything sold at the café, assured Suzuki and Suga.

Despite the high-quality and expense of

bringing the coffee beans on island, Suzuki assured that prices at Himawari Café remain affordable.

“Quality coffee at a reasonable price,” he said echoing the company’s motto that has held true since Himawari opened its restaurant at the same place years ago.

Himawari Café is open every day from 7am to 7pm. For more information and for orders, call 233-1530, 233-1531, or 233-1533.



MARK RABAGO

Himawari Café best sellers are its café latte, caramel, and macchiato when it comes to coffee and orange juice and strawberry smoothie when it comes to other drinks.



MARK RABAGO

Anjelynn Lantican makes takoyaki, while Arlene Ferrer looks on during their shifts at Himawari Café.

## Michigan, Illinois set to usher in recreational pot sales

**ANN ARBOR, Mich. (AP)**—James Daly is eager to make marijuana history on Sunday, when he plans to open the doors to Arbors Wellness, beckon the lengthy line outside and legally start selling recreational pot for the first time in the Midwest.

“We’ve worked very hard to be prepared,” said Daly, who owns the medical dispensary that, for now, is among just six shops in Michigan—mostly in Ann Arbor—also approved to start selling for adult use in December. The business is doubling staff and has fielded calls from potential customers across the state along with neighboring Ohio and Indiana.

“The end of prohibition is historic,” he said. “We wanted to rip the Band-Aid off.”

Both Michigan and Illinois, which allows sales starting on Jan. 1, are officially joining nine other states that broadly

allow marijuana sales. Companies are rushing to complete renovations at dispensaries, expand their growing facilities, and get staff hired and trained.

The Midwestern states’ launch into the potentially lucrative recreational market comes at a turbulent time for the industry, which has been rocked by layoffs, the vaping health scare and investor disappointment with Canada’s marijuana program.

In both states, a limited number of businesses have received state licenses letting them sell recreational products initially. But those same retailers must keep enough product on hand to supply people certified as patients under medical marijuana laws.

The conditions are “almost a guarantee” that Illinois and Michigan customers will experience long lines, product

shortages and potentially high prices in the early stages, said Adam Orens, co-founder of the Marijuana Policy Group.

“They’ve got to get through the growing pains to get a system implemented,” he said.

Taking marijuana from a small cutting to dried flower ready to be sold or transformed into edible gummies or oils takes months.

In Michigan, where voters legalized recreational pot just over a year ago, regulators who began accepting license applications Nov. 1 are aiding the transition by letting medical growers, processors and dispensaries transfer up to half their products to the recreational side under certain conditions.

But marijuana is unlikely to be more broadly available until more businesses become licensed and additional communities authorize sales.

## Merry Clickmas: Black Friday online sales hit record \$7.4B

**NEW YORK (AP)**—This year’s Black Friday was the biggest ever for online sales, as fewer people hit the stores and shoppers rang up \$7.4 billion in transactions from their phones, computers and tablets.

That’s just behind the \$7.9 billion haul of last year’s Cyber Monday, which holds the one-day record for online sales, according to Adobe Analytics. Adobe measures sales at 80 of the top 100 U.S. online retailers.

Adobe expects online sales to jump to another record this Cyber Monday with an estimated total of \$9.4 billion. Much of the shopping is happening on people’s phones, which accounted for 39% of all online sales Friday and 61% of online traffic.

Shoppers have been looking for “Frozen 2” toys in particular. Other top purchases included sports video games and Apple laptops.

All the online shopping may have helped thin the crowd at malls on Black Friday.

Traffic at stores fell 2.1% on Black Friday from a year ago, according to preliminary figures from RetailNext. It tracks in-store activity at tens of thousands of locations, including specialty apparel retailers, big-box stores and mall-based stores. The drop in traffic helped lead to a 1.6% dip in sales.

Online and in-store shopping aren’t always completely separate, though. Many people buy things online, only to head to the store to pick them

up. Such sales surged 43.2% on Black Friday from a year ago, according to Adobe.

This holiday shopping season may be the most harried in years because it’s the shortest since 2013. Thanksgiving this year fell on the last Thursday in November—the latest possible date it could be.

Much is riding on the success of the holiday season’s sales. The U.S. economy is still growing steadily, but gains have slowed since its sizzling start to the year. Economists say strong spending by households is helping to bolster growth and make up for weak confidence among businesses given all the uncertainties about the U.S.-China trade war and other factors.

# Nation

## Trump to decide if he wants lawyers at impeachment hearings

WASHINGTON (AP)—The chairman of the House Judiciary Committee asked President Donald Trump on Friday to say whether he'll send his attorneys to participate in impeachment proceedings before the panel.

Rep. Jerrold Nadler also is asking Republicans on his committee which witnesses they plan to ask permission to subpoena.

The letters from the New York Democrat came as the House impeachment probe enters a new phase with a hearing next week on whether Trump's actions might constitute impeachable offenses.

Two weeks of Intelligence

Committee hearings produced a mountain of testimony but didn't seem to move the needle on Capitol Hill, where not a single House Republican supported establishing the chamber's impeachment process.

Nadler instructed Trump and top panel Republican Doug Collins of Georgia to respond by the end of next week. The Judiciary Committee meets Wednesday in an informational hearing to examine the "constitutional grounds for presidential impeachment" and could move some time after that to hearings where witnesses testify about Trump's actions with Ukraine.

Trump has labeled the pro-

ceeding by House Democrats a sham, in part because he could not have his lawyers cross-examine intelligence committee witnesses during hearings and depositions.

The intelligence panel is slated to issue a report of its findings next week that are intended to form the basis of hearings at the Judiciary Committee, which would be

responsible for drafting any articles of impeachment for a vote by the full House.

The panel can also seek further testimony. Nadler can deny witnesses sought by Republicans, who are likely to want subpoenas compelling testimony from Hunter Biden and the anonymous intelligence community whistleblower whose complaint sparked the

impeachment proceedings.

At issue in the impeachment probe is whether Trump abused his office by pressing Ukrainian President Volodymyr Zelenskyy to investigate the Bidens and baseless allegations that Ukraine interfered with the 2016 election.

Hunter Biden served on the board of a Ukrainian energy company when his fa-

ther, then-Vice President Joe Biden, had some responsibility for the Obama administration's Ukraine policy.

Earlier scrutiny by Ukrainians uncovered no wrongdoing by the Bidens, but Trump, in July, asked Zelenskyy for an investigation as a "favor," while holding up military aid to that country for several months.



### ACROSS THE NATION

#### Police: Airman shot himself after being shot by officer

ABILENE, Texas (AP)—

An airman from an Air Force base in Texas shot himself and died after a police officer shot him during an armed confrontation, police said. Abilene police officers found the airman at a home on the city's south side early Saturday after officials at nearby Dyess Air Force Base reported that the man was harming himself, Abilene Police Chief Stan Standridge said at a morning news conference. After officers knocked on the door, the airman came out of the house with a rifle and handgun, Standridge said. The airman repeatedly pointed the rifle at the officers, who'd formed a perimeter around the home, and was shot by SWAT supervisor as he appeared to take aim at police. The airman then crawled into some bushes where he shot himself, the chief said. The airman was pronounced dead at the scene. Standridge did not name the officer or airman, who he said may have been motivated by the fallout from an October car crash. The airman had "despondency issues" because he was being investigated for drunk driving, the chief said.

#### Authorities: 2 kids dead, 1 missing after truck swept away

The bodies of two children were found Saturday, but searchers were still looking for a third child who went missing after a truck they were in was swept away while attempting to cross a runoff-swollen Arizona creek in what a sheriff's official called a "horrible and tragic incident." Gila County

sheriff's Lt. Virgil Dodd said the first body found was of a 5-year-old boy. The second child's age and gender weren't provided in a statement released by the Sheriff's Office. Dodd said the 5-year-old boy's body was found about 3 miles (4.8 kilometers) downstream of the crossing which had been closed hours before the truck tried to cross Friday despite barricades and warning signs. Drivers "really need to not ignore that. It's very dangerous. It's very hazardous," Dodd said in announcing the first death. "In this case, this horrible and tragic incident ... that's what happens when you ignore these types of signs." (AP)

#### Death row inmate asks high court to intervene in execution

NASHVILLE, Tenn. (AP)—

A Tennessee death row inmate is asking the state's highest court to pause his upcoming execution to allow more time to consider questions surrounding the possible bias of a juror who helped hand down the original death sentence decades ago. Attorneys for 53-year-old Lee Hall made the request to the Tennessee Supreme Court this week. Hall's scheduled execution is Dec. 5. Hall's attorneys contend he was deprived of his constitutional rights because the juror acknowledged she had failed to disclose during jury selection nearly 26 years ago that she had been raped and abused by her ex-husband. The motion comes after a Tennessee judge ruled earlier this month that Hall failed to prove the juror was prejudiced against him. Hall was convicted for the killing of his estranged girlfriend.



President Donald Trump waves as he steps off Air Force One, accompanied by Sen. John Barrasso, R-Wyo., left, at the Palm Beach International Airport, Friday, Nov. 29, 2019, in West Palm Beach, Fla. AP

## Powerful storm pushes into Midwest with heavy snow and winds

Wintry weather bedeviled Thanksgiving weekend travelers across the United States Saturday as a powerful and dangerous storm moved eastward, dumping heavy snow from parts of California to the northern Midwest and inundating other areas with rain.

Authorities found the bodies of two young children, including a 5-year-old boy, and a third child was missing in central Arizona after a vehicle was swept away while attempting to cross a runoff-swollen creek. A storm-related death also was reported in South Dakota.

Also in South Dakota, a small-engine plane carrying 12 people crashed, killing nine aboard and leaving three others injured. Peter Knudson of the National Transportation Safety Board said the Pilatus PC-12 crashed about 12:30 p.m. Saturday, shortly after taking off from Chamberlain, about 140 miles (225.3 kilometers) west of Sioux Falls. Knudson said weather would be among several factors re-

viewed by NTSB investigators, but no cause had yet been determined. He said inclement weather was making travel to the crash site difficult.

Meanwhile, the National Weather Service said the storm was expected to drop 6 to 12 inches (15-30 centimeters) of snow from the northern Plains states into Minnesota, Wisconsin and Upper Michigan.

Blizzard conditions early Saturday were already buffeting the High Plains. The city of Duluth, Minnesota, issued a "no travel advisory" beginning at noon Saturday because of a major snow storm it termed "historic."

Duluth officials asked the public to be patient as plows clear roadways and recommended that drivers stay off the roads to prevent accidents and let officers respond more quickly to emergencies.

Farther south, rain and thunderstorms were forecast along and ahead of the cold front, with heavy rainfall possible Saturday in parts of the Tennessee and Ohio Valleys.

Forecasters said a new storm is expected to bring California rain and gusty winds through the weekend. Another system is forecast to develop in the mid-Atlantic Sunday, moving as a nor'easter into Monday.

Airlines at O'Hare International and Midway International in Chicago reported average delays of 15 minutes as a winter storm headed toward the Midwest with heavy snow and ice and gusty winds.

The companies said they had canceled 27 flights at O'Hare and two at Midway as people scramble to get home on the year's busiest travel weekend.

At Denver International Airport, there were 100 flights canceled Saturday because of high winds.

"Tomorrow, the airlines anticipate to be the busiest travel day of the Thanksgiving period at both O'Hare and Midway," said Karen Pride, a spokeswoman for the Chicago Department of Aviation. "Everybody thinks the day before

Thanksgiving is the busiest; it is not."

Authorities in the western states were still grappling Saturday with the aftermath of heavy rains and snow over the busiest travel weekend of the year.

In Arizona, officials initially found the body of the 5-year-old about 3 miles (4.8 kilometers) downstream from where the vehicle they were riding in was swept away Friday, said Gila County sheriff's Lt. Virgil Dodd. The second of the three children turned up later Saturday. The sheriff's office didn't provide the age and gender of the second child or the third child who was still missing late Saturday afternoon.

The agency said Saturday two other children and two adults who were in the vehicle were rescued from a small island and the bank of the creek in Tonto National Forest northeast of Phoenix. Sheriff's officials initially had said six people, including four children, were rescued Friday at locations along the creek.

# Asia

## Approaching storm, snafus cast pall on SEA Games

**BOCAUE, Philippines** (AP)—An approaching typhoon is threatening to complicate the hosting by the Philippines of the largest biennial games in Southeast Asia, already marred by logistical foul-ups that President Rodrigo Duterte vowed to investigate.

Duterte on Saturday welcomed the first few thousand athletes, coaches and sports officials from the region to the Southeast Asian Games in an opening ceremony featuring digital fireworks in a huge indoor arena in Bocaue town north of Manila. The VIPs included Brunei leader Hassanal Bolkiah, whose son is a player on the sultanate's polo team.

A bus carrying Vietnamese athletes accidentally bumped the rear of another bus loaded with Laotian athletes on the way to the opening ceremony, causing minor injuries and shattering the glass windows of one of the buses, police said.

More than 8,000 athletes and officials were expected to fly in for the games, which started in 1959 in the Thai capital of Bangkok with just a dozen sports. In the Philippines, 56 sports will be featured in 529 events, the largest number in the 11-nation competition so far, which will be held in more than 40 venues, including in the traffic-choked capital of Manila.



About 27,000 police officers have been deployed to secure the 11-day games.

A typhoon was bearing down in the Pacific and forecasters expect it to blow into the main island of Luzon in the north early next week. The main sporting venues in Clark and Subic, former U.S. military bases turned into popular leisure and commercial hubs north and northwest of Manila, are in or near Typhoon Kammuri's path.

Kammuri was packing sustained winds of 150 kilometers (93 miles) per hour and gusts of up to 185 kph (115 mph) as of late Friday but could still strengthen, forecasters said. The prospect of it becoming a super typhoon was unlikely but cannot be ruled out, they said.

"The contingency plan involves delay of the competition, the cancellation of competition," Ramon Suzara, executive director of the or-

ganizing committee, said at a news conference. Indoor competitions could proceed in bad weather if power is not cut, but the entry of spectators may be restricted, he said.

The threat posed by the ty-

phoon comes after widely publicized complaints of athletes who flew in early for training and preliminary matches over long hours of waiting for shuttles at Manila's airport, getting stuck in the chaotic traffic,

**AP**  
Fireworks display during the opening ceremony of the 30th South East Asian Games at the Philippine Arena, Bulacan province, northern Philippines on Saturday, Nov. 30, 2019.

food and hotel accommodation issues and unfinished facilities in the city.

An early soccer match between the men's teams of Malaysia and Myanmar proceeded despite the absence of a functioning scoreboard at Manila's Rizal Stadium, which opened in the 1930s but has undergone renovations, according to an Associated Press photographer who covered the game.

Thailand's soccer team, which was pressed for time to train and could not afford to plod through Manila's traffic jams to a stadium, practiced on the streets one night instead, its coach was cited in local news reports as saying.

Duterte and his close political ally, House Speaker Alan Peter Cayetano, who heads the organizing committee, separately apologized for the troubles.

## Protesters march to up pressure on Hong Kong govt

**HONG KONG** (AP)—Pro-democracy protesters renewed pressure on the Hong Kong government Sunday with three separate marches, appealing to President Donald Trump for help and demanding that police stop using tear gas.

A group dressed in black and wearing masks carried American flags as it headed to the U.S. Consulate to express gratitude for legislation aimed at protecting human rights in Hong Kong that Trump signed into law last week.

Some held banners reading "President Trump, please liberate Hong Kong" and "Let's make Hong Kong great again" — a riff on his 2016 campaign pledge to make America great again. One showed him standing atop a tank with "Trump" emblazoned on the front and side.

The marches came one week after pro-democracy candidates won a landslide victory in district-level elections. Hong Kong's protests have been relatively peaceful for the two weeks around the election but could turn vio-

lent again if the government doesn't bend to demands for more democracy and an investigation into police use of force against the protesters.

A peaceful crowd of about 200 adults and young children marched to government headquarters in the morning and chanted "No more tear gas."

They leaned a pole with an American flag that flapped in the wind over a high metal gate, while the Chinese and Hong Kong flags flew on tall poles in front of the entrance.

"A lot of parents are worried that their children are affected, because their children are coughing, breaking out in rashes and so forth," said march organizer Leo Kong, a 40-year-old social worker.

A third march was called for late afternoon in the Tsim Sha Tsui district near Polytechnic University, the site of the last fierce clashes with police two weeks ago.

China accused the U.N. high commissioner for human rights of emboldening "radical violence" in Hong Kong

by suggesting the city's leader conduct an investigation into reports of excessive use of force by police.

The U.N. commissioner, Michelle Bachelet, wrote in an opinion piece Saturday in the South China Morning Post that Hong Kong leader Carrie Lam's government must prioritize "meaningful, inclusive" dialogue to resolve the crisis.

She urged Lam to hold an "independent and impartial judge-led investigation" into police conduct of protests. It has been one of key demands of pro-democracy demonstrations that have roiled the territory since June.

China's U.N. mission in Geneva said that Bachelet's article interferes in the internal affairs of China and exerts pressure on the city's government and police, which "will only embolden the rioters to conduct more severe radical violence."

It said Bachelet made "inappropriate comments" on the situation in Hong Kong and that the Chinese side had lodged a strong protest in response.

### ASIAN BRIEFS

#### US says cryptocurrency expert violated NKorea sanctions

**NEW YORK** (AP)—Federal prosecutors have charged a cryptocurrency expert with violating economic sanctions against North Korea by presenting at a conference there this year after the U.S. government denied his request to travel to Pyongyang. Virgil Griffith, 36, was awaiting a federal court appearance Friday in Los Angeles, a day after he was arrested at Los Angeles International Airport. Griffith is an American citizen but lives in Singapore. Messages were sent to Griffith's defense attorney seeking comment. Federal prosecutors said Griffith secured a visa through "a (North Korean) diplomatic mission facility" in Manhattan for 100 euros and then traveled to the country through China in April. A request for comment was sent to North Korea's United Nations mission in New York. At the conference, Griffith talked about how North Korea could use cryptocurrency to "achieve independence from the global banking system," according to a criminal complaint. The conference was attended by 100 people, prosecutors said, including several

who appeared to work for the North Korean government.

#### Freed Taliban prisoner recounts SEAL rescue attempts

**SYDNEY** (AP)—An Australian teacher held captive by the Taliban for more than three years believes U.S. Navy SEALs tried and failed six times to free them. Timothy Weeks was released last month in a prisoner swap along with Kevin King, ending an ordeal that began with their abduction in 2016 outside the American University in Kabul, where they worked. Weeks, 50, told a news conference on Sunday he believed SEAL teams tried repeatedly to rescue them, sometimes missing them only by "hours" after the two hostages were moved to other locations by their captors. "I believe, and I hope this is correct, that they came in six times to try to get us, and that a number of times they missed us only by hours," Weeks said. One attempt came in April this year. Weeks said he was woken at 2 a.m. by his guards, who told him they were under attack from Islamic State fighters, and moved him into a tunnel beneath where they

were being held.

#### India and Japan hold inaugural security talks

**NEW DELHI** (AP)—India said Saturday that ties with Japan are key to stability in the Indo-Pacific region as the two countries held their inaugural foreign and defense ministerial dialogue in New Delhi with an aim to further bolster their strategic partnership. The security talks focused on cooperation in building a free and open Indo-Pacific in view of China's growing footprint in the region. They took place following a decision by Indian Prime Minister Narendra Modi and his Japanese counterpart, Shinzo Abe, during a summit between the leaders last year. Defense Minister Rajnath Singh and External Affairs Minister S. Jaishankar headed the Indian delegation, while the Japanese side was led by Foreign Minister Toshimitsu Motegi and Defense Minister Taro Kono. Singh held talks with Kono on a range of issues. The Press Trust of India news agency reported that the two ministers discussed deepening ties in the development of weapons and military hardware.

# World

## Iraqi PM formally submits resignation amid more violence

**BAGHDAD (AP)**—Three anti-government protesters were shot dead and at least 58 others wounded in Baghdad and southern Iraq on Saturday, security and medical officials said, as Prime Minister Adel Abdul-Mahdi formally submitted his resignation to parliament.

Lawmakers were expected to either vote or accept outright Abdul-Mahdi's resignation letter in a parliamentary session Sunday, two members of parliament said.

The prime minister announced Friday he would hand parliament his resignation amid mounting pressure from mass anti-government protests, a day after more than 40 demonstrators were killed by security forces in Baghdad and southern Iraq. The announcement also came after Iraq's top Shiite cleric withdrew his support for the government in a weekly sermon.

The formal resignation came after an emergency Cabinet session earlier in which ministers approved the docu-

ment and the resignation of key staffers, including Abdul-Mahdi's chief of staff.

In a pre-recorded speech, Abdul-Mahdi addressed Iraqis, saying that following parliament's recognition of his stepping down, the Cabinet would be demoted to caretaker status, unable to pass new laws and make key decisions.

Existing laws do not provide clear procedures for members of parliament to recognize Abdul-Mahdi's resignation, Iraqi officials and experts said. Cabinet bylaws allow the prime minister to tender his resignation to the president, but there is no specific law that dictates the course of action should this be tasked to parliament.

"There is a black hole in the constitution, it says nothing about resignation," said lawmaker Mohamed al-Daraji.

There are two main laws that could direct parliament's course of action, he added: Either they vote Abdul-Mahdi out in a vote of no-confidence,

per Article 61 of the constitution, or resort to Article 81 reserved for times of crisis when there is a vacancy in the premiership, shifting those duties temporarily to the president.

"My understanding is this will be taken care of per Article 61," he said.

A vote of no confidence would demote Abdul-Mahdi's Cabinet into caretaker status for a period of 30 days, in which parliament's largest po-

litical bloc would have to propose a new candidate.

This is where the real problem comes in, experts and officials said.

Abdul-Mahdi's nomination as prime minister was the product of a provisional alliance between parliament's two main blocs—Sairoon, led by cleric Moqtada al-Sadr, and Fatah, which includes leaders associated with the paramilitary Popular Mobilization Units headed

by Hadi al-Amiri.

In the May 2018 election, neither coalition won a commanding plurality that would have enabled it to name the premier alone. To avoid political crisis, Sairoon and Fatah forged a precarious union.

"Now we are back to the question of who is the largest bloc that can name the next prime minister," said one official close to the State of Law party, led by former Prime

Minister Nouri al-Maliki. The official spoke on condition of anonymity in line with regulations. "If they don't come to an agreement before the 30-day deadline, then we might have to go to the supreme court."

Officials traded theories as to why Abdul-Mahdi chose to tender his resignation through parliament, with some speculating it was to buy more time or avoid the risk of a vacuum should the post remain empty.



Anti-government protesters gather in Tahrir Square, Baghdad, Iraq, Friday, Nov. 29, 2019.

AP

## Londoners fought back to curtail carnage in bridge attack

**LONDON (AP)**—Even in times of shared, senseless tragedy, an uplifting moment sometimes emerges.

On Saturday, shocked and saddened Londoners dealing with the return of terrorism to their streets after a two-year hiatus found solace in the way bystanders fought to subdue the London Bridge attacker, keeping the death count lower than it would have been if they had fled.

Particularly striking were the weapons they used to confront the killer: a fire extinguisher and—incredibly enough—a 5-foot (1.5-meter) narwhal tusk apparently taken from the wall of Fishmongers' Hall when the attack began.

Remarkable video from the scene Friday shows one man spraying the fire extinguisher at the knife-wielding attacker and trying to hit him with the blunt instrument, while another uses the whale tusk to try to pin the man down.

Others ganged up on the man, wrestling him to the ground and stripping away his weapons.

Additional footage shows another man—said by some media outlets to be a plainclothes policeman—calmly walking away from the scene with one of the attacker's knives, making sure it could not be used to kill again.

The attacker, later identified as 28-year-old convicted terrorist Usman Khan, was restrained

until police arrived and—after he flashed what looked like a suicide vest—shot him dead. Two people were killed and three wounded in his attack.

The Londoners' valor—and ingenuity—did not go unnoticed. They were praised to the skies not only by Queen Elizabeth II and Prime Minister Boris Johnson but also—perhaps more importantly—by ordinary people on Twitter.

"We'll never know how many lives are being saved in this moment. Heroes is an overused word, but entirely correct here," wrote one man after viewing the video.

"Unbelievable Bravery. truly humbling," a woman wrote.

The brief video had been viewed more than 2 million times on Twitter by Saturday afternoon.

London Mayor Sadiq Khan said the bystanders who brought down the attacker could have followed advice and run away for their own safety but decided to run toward danger instead.

"We saw Londoners, ordinary citizens, acting in an extraordinary way," he said.

Some of those who challenged the attacker were former prisoners attending a conference on rehabilitation along with the assailant at Fishmongers' Hall, where the attack apparently began. The group included a murderer who had reformed, British press reports said.

## Maltese prosecutors charge businessman in reporter's killing

**VALLETTA, Malta (AP)**—Maltese prosecutors on Saturday charged a prominent local businessman as being an accomplice to the murder of anti-corruption journalist Daphne Caruana Galizia in a 2017 car bombing on Malta.

Yorgen Fenech, a Maltese hotelier and former director of the Maltese power company, was also charged in the evening courtroom hearing with being an accomplice to causing the explosion that killed the 53-year-old reporter as she drove near her home.

He was also arraigned on a further charge: promoting, organizing or financing a group with the intention of committing a crime.

Three men early in the case were charged with carrying out the actual bombing. But it wasn't immediately clear if "the group," referred to them or perhaps to others.

Magistrate Audrey Demicoli asked Fenech to enter pleas. He replied that he was

pleading innocent, didn't request bail and was remanded in custody.

Ten days earlier, Malta police stopped Fenech as he was sailing away from Malta on his yacht.

The reporter's family has alleged that Fenech has ties to close associates of the Prime Minister Joseph Muscat, including his recently resigned chief of staff.

It wasn't immediately clear if Muscat might resign amid increasing calls by citizens on the island, including Caruana Galizia's family, for him to step down. Muscat, in power since 2013, has said he will speak after the investigative case is complete.

"What we now expect is the prime minister to leave office and to leave Parliament," Corinne Vella, one of the slain reporter's sisters, told The Malta Independent after the arraignment of Fenech.

Vella also called for Muscat as well as his former chief of staff, Keith Schembri, to be "properly investigated" for

their "possible involvement in Daphne's assassination."

Schembri quit his government post a few days earlier. He had been taken into custody for questioning but later released. Police said there weren't grounds to hold him.

Two of Muscat's ministers also have stepped down, including one who was questioned.

The two, along with Schembri, have said they are innocent of wrongdoing.

Caruana Galizia wrote shortly before her death that corruption was everywhere in political and business circles in the tiny EU island nation.

An alleged go-between in the bombing has received immunity from prosecution for alerting authorities to Fenech's purported involvement.

No trial date has been set for the three men who were jailed as the alleged bombers.

Fenech's name appeared in the leak of the millions of documents, known as the Panama Papers, three years ago.

Caruana Galizia had alleged in her blog eight months before her death that a company called 17 Black Ltd. that was listed in the documents was connected to Maltese politicians.

She never discovered who owned the company.

Later, 17 Black, a company owned by Fenech, was identified in a leaked email as a source of income for the Panama companies set up by Schembri, and one of the recently resigned ministers.

Schembri has said that 17 Black had been a potential client for his business group.

Caruana Galizia's reporting was continued by the Daphne Project, determined to root out wrongdoing in Malta, which is a financial haven for many business figures from abroad.

The project reported last year that Malta's anti-laundering watchdog identified Fenech as 17 Black's owner.

Fenech has declined any comment about the alleged ownership.

# Health & Wellness

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## Retirement a good time to pump up exercise

By Nanci Hellmich  
USA TODAY

**W**hen exercise expert Walt Thompson asks people who are getting ready to retire to think back and tell him the last time they exercised regularly, most say it was when they were in high school or college.

"The typical retiree hasn't had that much experience with regular exercise," he says. They may move into a retirement community and think they can jump right into playing softball or golf or doing other moderately intense physical activities, says Thompson, 58, a regents' professor of kinesiology and health at Georgia State University in Atlanta.

He tells them they can increase their physical activity, no matter how old they are. "I've consulted with 80- and 90-year-olds who started exercising because they wanted to regain some flexibility, endurance or strength. But I always caution folks to go to their doctor first and get a complete physical examination," he says. People need to be evaluated for their risk of heart attack, stroke and orthopedic injuries.

Thompson also advises retirees to invest in several sessions with a certified fitness professional who can train them to do specific exercises to meet their fitness goals, whether it's to play a better game of golf, be more active with their grandchildren or dance the night away with their partner. The trainer will help them reduce their risk of injuries.

Jordan Metzl, a sports-medicine physician at New York City's Hospital for Special Surgery and author of *The Exercise Cure*, suggests that retirees find a physical activity that they really want to do and set a goal for themselves, such as doing a 5K walk, a swimming competition or ballroom dancing competition. Find a community of people who are doing the same thing so you have both social connection and motivation, he says. "A big part of the battle is having a community."

There's a laundry list of reasons for people to exercise regularly for their health's sake. Studies show that exercise reduces the risk of early death, helps control weight and lowers

the risk of heart disease, stroke, type 2 diabetes, depression, some types of cancer, anxiety disorders, cognitive decline and hip fractures. It can help improve sleep, memory, concentration and mood. Recent research showed physical activity may be as effective as medication in preventing early death in people who've had heart attacks or strokes.

A regular exercise program may help people reduce medications they are taking for conditions such as high blood pressure and high cholesterol under their doctor's supervision, Metzl says. The benefits of exercise "kick in at 150 minutes a week."

Innovative health clubs are already catering to retirees, who sometimes have both discretionary time and income that they want to spend wisely, says Thompson, the lead researcher on the American College of Sports Medicine's annual trends report. It's a survey of more than 3,800 fitness professionals who work in commercial, clinical, community and corporate gyms and health clubs.

Several of the top fitness trends for 2014 include ones that apply to retirees:

■ **Fitness programs for older adults.** Many fitness professionals are creating age-appropriate fitness programs to keep older adults healthy and active, Thompson says. Some gyms are catering to older members during their slower times such as from 9-11 a.m. and from 2-4 p.m., he says. Gyms may turn down the loud music and stop the flashing lights and offer programs for these adults, he says.

"A 60-year-old who is 30 pounds overweight may not want to be walking on a treadmill next to a 25-year-old hard body who is running at a seven-minute-mile pace," he says. The retirees would "rather be at the gym with someone who looks like them."

■ **Functional fitness.** This is closely related to special fitness programs for older adults. The goal of this trend is to use strength training—with free weights, machines or tried-and-true calisthenics—to improve balance, coordination, endurance and people's ability to perform

activities of daily living, such as carrying the groceries, reaching for things, getting in and out of chairs and the car, and going up and down the stairs, Thompson says.

"These exercises imitate activities of daily living." For instance, you want to be strong enough to lift a 20-pound box out of the trunk of your car. And your strength can affect whether you can hit a golf ball for 200 yards or 175 yards, he says.

■ **Group personal training.** Personal trainers who work with two or four people can offer deep discounts to each member of the group. This is especially helpful for retirees who will have "their buddies as personal motivators," putting pressure on each other to show up, which helps with retention, he says.

All that said, walking is still the most popular exercise, Thompson says. Sometimes people walk with several others and hold each other accountable for walking regularly, he says. Walking briskly can improve endurance so people can engage in other activities without tiring, he says.

But some people who have joint pain in their hips, knees and ankles may prefer water aerobics, he says. "Water exercises remove the burden of carrying body weight, so for people who have arthritis or other joint pains they can get pretty much the same workout in the pool and not stress the joints."

Metzl says people in their 60s and 70s "shouldn't be intimidated to do strength training. It really helps strengthen your muscles and bones and reduces the risk of falling."

Adds Thompson: "Retired folks often want to perform better whether it's on the golf course or in the confines of their bedroom. A regular exercise program can improve both strength and endurance, both components of better performance."

**The government's physical activity guidelines say:**

❖ Adults should get at least 2½ hours of moderate-intensity physical activity each week, such as brisk walking, or 1¼ hours of a vigorous-intensity activity, such as jogging or swimming laps, or a combination of the two types, to get substantial health benefits from exercise. These aerobic activities can be done in short 10-minute bouts. To get even more health benefits, people should do five hours of moderate-intensity physical activity each week or 2½ hours of vigorous activity.

❖ Adults should do muscle-strengthening (resistance) activities at a moderate- or high-intensity level for all major muscle groups two or more days a week. This should include exercises for the chest, back, shoulders, upper legs, hips, abdomen and lower legs. The exercises can be done with free weights or machines, resistance bands, calisthenics that use body weight for resistance (push-ups, pull-ups, sit-ups), or carrying heavy loads or doing heavy gardening, such as digging or hoeing.

❖ Older Americans should follow the guidelines for other adults if they are able. If not, they should be as active as their physical condition allows. If they are at risk of falling, they should do exercises that improve balance.

❖ Adults with disabilities should also follow the guidelines for other adults as they are able.

**Some examples of moderate-intensity activities for adults:**

- ❖ Walking briskly, 3 miles an hour or faster
- ❖ Water aerobics
- ❖ Bicycling slower than 10 miles per hour
- ❖ Tennis (doubles)
- ❖ Ballroom dancing
- ❖ General gardening

**Vigorous-intensity activities for adults:**

- ❖ Jogging, running
- ❖ Swimming laps
- ❖ Tennis (singles)
- ❖ Aerobic dancing
- ❖ Bicycling 10 miles an hour or faster
- ❖ Jumping rope
- ❖ Heavy gardening, continuous digging and hoeing so that heart rate increases
- ❖ Hiking uphill or with a heavy backpack



# Life & Style

## Party like a spy: Spookstock is intel world's hush-hush bash

By **ASHRAF KHALIL**  
ASSOCIATED PRESS

**WASHINGTON** (AP)—Sometime earlier this year, one of the most elite social events in Washington took place, but without any fanfare or news coverage.

It drew about 1,800 attendees and Grammy-winning rocker Lenny Kravitz performed. Yet there were no written invitations, and the actual date and location were carefully guarded secrets.

The annual charitable event is mischievously known as Spookstock. While many Washington insiders, let alone

the public, haven't heard of it, the gala has become a centerpiece for the capital region's tightknit intelligence and military special operations communities.

"I've done my share of formal events and black dress nights. This is a lot more fun," said retired Maj. Gen. Clay Hutmacher, the former director of operations for U.S. Special Operations Command. "It's very casual. If you want to show up in a Def Leppard T-shirt, that's fine."

Now in its seventh year, Spookstock has raised millions for the CIA Officers Memorial Foundation and

the Special Operations Warrior Foundation, which look after the families of CIA officers and special operations forces killed in the field. Last year, after expenses, each charity received about \$400,000, according to Spookstock board member

Mark Kelton.

The event is essentially fueled by defense contractors and mainstays of the military-industrial complex that pay big money for a table or a balcony box. Kelton, a retired CIA officer, would only say those corporate boxes are "not

cheap." Other government employees or members of military who secure an invitation pay a much lower, but still undisclosed, rate.

The invitation list and event details are closely guarded by Kelton and the four-member board. Given the clandestine

nature of some of the participants' work life, news coverage and social media postings are avoided. The only real online traces are a smattering of articles, some briefs in intelligence-focused newsletters and a few unauthorized YouTube videos.

## After wind scare, balloons fly in Macy's Thanksgiving parade



Olaf from Disney's "Frozen" balloon floats down Sixth Avenue in front of Radio City Music Hall during the Macy's Thanksgiving Day Parade, Thursday, Nov. 28, 2019, in New York. **AP**

**NEW YORK** (AP)—The beloved balloons flew, but lower than usual, in a windy Macy's Thanksgiving Day Parade after an anxious weather watch.

Wind had threatened to ground the giant inflated characters. But officials announced less than an hour before Thursday's start time that the balloons could fly, if in a down-to-Earth way.

As the parade continued—even while city emergency officials sent out a public alert about wind gusts—handlers struggled with some giant balloons and pulled them close to the ground. Meanwhile, winds did keep giant balloons out of Philadelphia's Thanksgiving Day parade.

The Macy's parade balloons might have been lowered, but Susan Koteen's spirits weren't. She has traveled from Florida, three years in a row, to see the parade.

"We love it. Because it's exciting, it's patriotic, and it just—it warms your heart," she said.

Spectators lined up a half-dozen deep along the route on a gusty fall day, with leaves and confetti swirling in the wind.

A "Green Eggs and Ham" balloon joined the lineup, Smokey Bear returned for the first time since 1993, and spectators got to see new versions of favorites Snoopy and SpongeBob SquarePants.

A smaller new balloon, Japanese artist Yayoi Kusama's "Love Flies Up to the Sky," and two star-shaped balloons ultimately didn't make the lineup because of tears and stress from inflation before the parade, Macy's said. A giant Ronald McDonald balloon also tore before the parade and was pulled out midway through, the company said. The McDonald's character had a visibly deflated leg.

Macy's spokesman Orlando Veras called the parade "a fantastic event despite these minor challenges."

During the middle of the parade, the wind was 13 mph (21 kph) with gusts up to 32 mph (51 kph), according to the National Weather Service.

City rules require balloons to be grounded if sustained winds exceed 23 mph (37 kph) and gusts exceed 34 mph (55 kph). The balloons have been grounded only once for weather-related reasons, in 1971.

## Rod Stewart: Rocker turned model railroad builder

**LONDON** (AP)—Rod Stewart, known for decades as a consummate crooner, rocker, fashion plate and tongue-in-cheek sex symbol, is adding a new element to his image: serious model railroad builder.

The former front man of the Faces who has hits dating back to the 1960s has put the finishing touch on a 23-year project that has landed him on the cover of Britain's Railway Modeller magazine. It's a far cry from Rolling Stone, whose cover he has graced many times.

The model is an ambitious portrayal of a gritty American city in 1945, representing a combination of New York and Chicago. It's an artistic success, one that Stewart didn't outsource but designed

and constructed from start to finish, with some help with the electrical and computer connections.

"It's the detail that I'm proud of," Stewart said in an interview with The Associated Press.

Stewart is modest about hits like "Maggie May" but proud of his railway design skills.

"Absolutely amazing detail," Stewart said. "There's garbage in the streets, the windows are filthy, there's everything you can imagine in real life is on the railroad."

He grew up in London across the street from a railroad line and has been fas-

inated by trains ever since, taking mental notes on his extensive world travels.

When he got around to building a house in Beverly Hills, he added a room at the very top for his oversize model railroad. He would typically go up there for three or four hours at a time, quietly stepping away from his family and his musical responsibilities.

"It wasn't a whim, it took a bit of planning, and 23 years later it's finished," Stewart said.

Now that the project is completed, he's got more time for music. The 74-year-old singer


says that for some reason it's easier for him to write songs than it used to be.

He's promoting a new record—his best-known songs backed by the Royal Philharmonic Orchestra—and traveling in style, arriving for interviews in a chauffeur-driven Rolls-Royce with a hair stylist standing by to help with shape and volume.

If pressed, he can come up with a few new artists that he likes, but Stewart readily admits he's "old fashioned" and prefers to listen to classics by Otis Redding, the Temptations, and Frank Sinatra, who he started paying attention to when he was nine or ten because his parents were big fans.



Stewart



## In Loving Memory of

# † FRANCISCO DE LEON GUERRERO CABRERA

**SEPTEMBER 25, 1978 – NOVEMBER 25, 2019**

*†Frank was called by our Lord to his eternal rest on Monday, November 25, 2019 in Saipan.*

**His spirit and loving memory will forever live in the hearts of his:**

**Wife:** May Reyes Cabrera


**Children:** Alanna Miyashiro  
Kimason Reyes Cabrera  
Rockson Reyes Cabrera

**Parents:** †Diane Deleon Guerrero Villagomez/Joaquin P. Villagomez (stepfather)  
Herman Blas Cabrera-Father/Abelina M. Cing (stepmother)  
Rolando Reyes/Lourdes Paguio

**Parents in-law:** Arthur Reyes/Gladys May Reyes

**Siblings/spouses/children:**  
Nerine Deleon Guerrero Villagomez/Joshua Sablan Villagomez (Dylan Joshua)  
Nicolette Deleon Guerrero Villagomez/Rufin Benavente Inos Jr. (Rufin Joaquin)  
Crystal Ayna Cabrera Deleon Guerrero/Simon Villagomez Deleon Guerrero (Zion Jude, Cali Jade, Francisca Josepha, and Simon Fei)  
Herman Cing Cabrera Jr.  
Londe Tellei Eldebechel/Sesilil Eldebechel (Trevor and Josh)

**Grandparents:**  
†Francisco Leopoldo Cabrera Deleon Guerrero and †Mariana Sablan Deleon Guerrero/Ok-Soon Sa (stepgrandmother)  
†Francisco San Nicolas Cabrera and †Regina Deleon Guerrero Blas



**Frank is also survived by numerous aunts, uncles, cousins, nieces, nephews, relatives, and friends.**

On Tuesday, December 3, 2019 funeral will be held at the Mount Carmel Cathedral. Private Viewing will be from 6:30am to 7:30am at the Borja Funeral Home at Chalan Kanoa. Responso service will be at 7:45am followed by Holy Rosary and public viewing. Mass of Christian Burial will be celebrated at 11:00 am followed by interment service at Chalan Kanoa Cemetery.

**Si Yu'us Ma'ase and Thank you for all your prayers and support. May the Lord bless you.**

**The Family**



# Disputing harassment claims, Domingo says he's a gentleman

**MADRID** (AP)—Plácido Domingo is disputing allegations of sexual harassment against him, saying he has always behaved like a gentleman but that “gallant gestures are viewed differently nowadays.”

The 78-year-old Spanish opera legend told the Spanish online newspaper El Confidencial in an interview published Friday that he feels strong despite the accusations,

which he called a “nightmare.” He said he intends to continue performing at least until the end of his planned engagements running through 2021.

The Associated Press reported in August and September that more than 20 women who worked with Domingo in the opera world accuse him of sexual harassment or inappropriate, sexually charged behavior, including unwanted touching and sudden attempts to kiss them, and of sometimes damaging their careers if they rejected him.

In statements responding to the AP’s reporting, Domingo said the allegations were “in many ways, simply incorrect.” Domingo said at the time he believed his “interactions and relationships were always welcomed and consensual,” though he noted that “rules and standards” have changed.

In El Confidencial interview, Domingo again stopped short of flatly denying what the women allege, but insisted he had never behaved improperly.

He said Spaniards are naturally “warm, affectionate and loving.”

“I have been gallant, but always within the limits of gentlemanliness, respect and sensitivity,” he was quoted as saying.

He added: “Gallant gestures

are viewed differently nowadays.”

He insisted he “never behaved in the aggressive, stalking and vulgar manner that (the accusers) described.”

U.S. opera houses canceled Domingo’s upcoming performances following the accusations. Domingo resigned from the Los Angeles Opera, where he had been general director since 2003. The L.A. Opera is conducting an investigation into his alleged behavior.

Domingo said he felt he has been unfairly treated.

He said that the “credibility given to the accusations is automatic ... And I’ve felt prematurely judged, sentenced and convicted,” though he has not been charged with a crime.

He said he had never abused his position of power. “I never promised a role in return for favors,” he said.

Domingo said he had been through “the most difficult months of my life.”

“Everything happened so quickly,” he said. “I was able to sit back and reflect on it all only a few weeks ago.”

The interview was published just days before Domingo is due to star in Giuseppe Verdi’s “Nabucco” at Valencia’s Palau de les Arts, starting Monday.

## Brazil’s president criticizes DiCaprio over Amazon fires

**RIO DE JANEIRO** (AP)—Without offering proof, Brazilian President Jair Bolsonaro on Friday said actor Leonardo DiCaprio had funded nonprofit groups that he claimed are partly responsible for fires in the Amazon this year.

Bolsonaro’s remarks about the American actor were part of a wider government campaign against environmental nonprofit groups operating in Brazil.

“DiCaprio is a cool guy, isn’t he? Giving money to set the Amazon on fire,” the president said to supporters in Brasilia.

DiCaprio’s environmental organization Earth Alliance

has pledged \$5 million to help protect the Amazon after a surge in fires destroyed large parts of the rainforest in July and August. But the actor and committed environmentalist said in a statement sent to The Associated Press Friday his group had not funded any of the two nonprofits named by investigators so far.

“While worthy of support, we did not fund the organizations targeted,” the statement read. “The future of these irreplaceable ecosystems is at stake and I am proud to stand with the groups protecting them.”

Some members of Bolsonaro’s administration argue

that civil society groups and environmental laws hinder economic development in the region.

Bolsonaro and Environment Minister Ricardo Salles are promoting development in some protected natural areas, even as intentional fires and deforestation in the Amazon have reached levels not seen in a decade.

The criticism of DiCaprio and environmental activists follows a police raid at the headquarters of two nonprofit groups in the Amazonian state of Para earlier this week. Local police also arrested four volunteer firefighters and say they are investigating them for

allegedly igniting fires to obtain funding from sympathetic donors.

The volunteer firefighters denied any wrongdoing and a judge ordered their release.

Federal prosecutors say their investigations point to land-grabbers as primary suspects for fires in the area, not nonprofits or firefighters.

Cattle ranchers, farmers and illegal loggers have long used fire to clear land in the Amazon.

This is not the first time Brazil’s president has suggested, without evidence, that nonprofit groups are setting fires in the Amazon, or questioned warnings about climate change.

## Gabrielle Union speaks out amid reports she’s off NBC show

**LOS ANGELES** (AP)—Gabrielle Union thanked supporters for defending her amid reports she was fired from “America’s Got Talent” after complaining about racism and other alleged on-set issues.

“Just when you feel lost, adrift, alone... you got me up off the ground. Humbled and thankful, forever,” the actress tweeted Wednesday night. She didn’t directly address her status with NBC’s talent show, and her representatives did not respond to requests for comment Friday or previously.

According to reports, Union and Julianne Hough have been dropped as “America’s Got Talent” judges after a single season.

Union, who is African American, reportedly sought network action to address a workplace environment that allegedly allowed racist jokes and comments and other troubling behavior, including judge-producer Simon Cowell’s smoking indoors in violation of state law.

Union’s husband, former NBA player Dwyane Wade, also weighed in Wednesday on Twitter, saying he’d yet to hear a good reason why his wife was being fired.

In a statement, NBC and series producer Fremantle de-

fended what they called the show’s “long history of inclusivity and diversity.”

“The judging and host line-up has been regularly refreshed over the years and that is one of the reasons for AGT’s enduring popularity. NBC and the producers take any issues on set seriously,” the companies said.

The judging panel has changed since the show’s

2006 debut, but most judges’ tenures have lasted at least several years, including that of Sharon Osbourne, Mel B and Howard Stern.

Among the celebrities who have rallied publicly behind Union are “Grey’s Anatomy” star Ellen Pompeo, Holly Robinson Peete and Patricia Arquette.

“I’m just catching up on this. This is terrible,” Arquette tweeted. “You should not be

penalized for trying to have a workplace that honors the rule of law in the workplace.”

On Thursday, Union posted a family photo on Instagram to wish her followers a happy Thanksgiving and to salute “all the friends and family that have my back and all the friends and family I’ve never met who show love and support when everyone is looking and when no one is looking.”



This image released by NBC shows celebrity judges, from left, Howie Mandel, Gabrielle Union, Julianne Hough, Simon Cowell on the set of “America’s Got Talent,” in Los Angeles.

## Jane Seymour on finding new love in her mid-60s: No Tinder

**LOS ANGELES**

(AP)—Jane Seymour was in her mid-60s when her husband of 20 years decided it was over. The actress was

floored. “I had a long marriage and never thought it was going to end,” the 68-year-old said recently while promoting the second season of Netflix’s “The Kominsky Method,” co-starring Michael Douglas and Alan Arkin.

“I’m going, ‘I what? I date? What? Are you crazy? How does this work?’” Seymour said. “And then my kids would say, ‘Mom, there’s this thing called Tinder.’ And I’m like, ‘No, that’s not going to happen.’”

But similar to her character in “The Kominsky Method” who runs into an old flame, fate intervened, and Seymour stumbled upon new romance. She has been with boyfriend and British film director David Green since 2014, about a year after her divorce from filmmaker James Keach, who directed “Dr. Quinn, Medicine



Woman,” Seymour’s iconic role.

“Accidentally I ran into somebody I knew 38 years earlier who had been in a long marriage and his marriage ended,” she said. “It wasn’t

his choice and my marriage ended, it wasn’t my choice. And we randomly met accidentally 38 years later and realized we were free, and we’ve been together ever since. So I do not have to date.”

Her experience drew Seymour to “The Kominsky Method,” in which she plays Madelyn, who reconnects with Arkin’s character (Norman) at a funeral following the deaths of their spouses.

“I do get this whole thing of having a relationship with someone that’s a contemporary, you know?” Seymour said. “We’re both dealing with older children, exes and our future ... how long will we live? How can we stay healthy? How can we tick off our bucket list? Do we still want to work or do we feel like we’ve only just started, which is the case with me and David.”

# 2 K-pop stars get prison terms for sexual crimes

**SEOUL, South Korea (AP)** — A South Korean court on Friday found two K-pop stars guilty of illicit sexual relations with a woman who was unable to resist and sentenced them to up to six years in prison.

The Seoul Central District Court said singer-songwriter Jung Joon-young received a six-year prison term and former boy band member Choi Jong-hoon a five-year term.

The court said in a statement that they were convicted of committing “special quasi-raping,” which it said means multiple people collaborating to have illicit sexual intercourse with a person who was unconscious or unable to resist.

Jung was additionally convicted of filming sex videos of

women against their will and sharing them with friends in a group chat.

The two men were also ordered to undergo 80 hours of sex offender treatment programs.

They have one week to appeal, according to the court.

Their scandals roiled South Korea’s entertainment industry earlier this year when the investigation began.

South Korean pop songs, TV dramas and films are hugely popular in Asia and beyond, but the country’s entertainment world has in recent years suffered a series of sexual scandals that revealed its dark side.

Male stars have faced allegations of sexual assault and abuse and reports have been made that female entertainers



**AP**  
In this March 14, 2019, file photo, K-pop singer Jung Joon-young, center, speaks upon his arrival at the Seoul Metropolitan Police Agency in Seoul, South Korea.

and trainees have been forced to provide sexual services to men in power.

On Sunday, K-pop musician and actress Goo Hara was found dead at her home in Seoul. Before her death, she suffered cyberbullying after she was engaged in a public dispute with her former boyfriend, who she said threatened to disclose a sex video of her.

Last month, another K-pop star, Sulli, was discovered dead at her home. She had spoken against the online backlash she received over her lifestyle.

## Celebrities like Kate Hudson and Drake get in the spirit

At one time it was scents. Now it seems to be booze.

The number of celebrities who have branched out into endorsing—or even helping make—wine, whiskey, vodka and other spirits has exploded of late, from Nick Jonas’ tequila to Kate Hudson’s vodka

to Dylan Sprouse’s mead.

Kate Hudson has a vodka, Darius Rucker has a whiskey, Ryan Reynolds has a gin and “Breaking Bad” co-stars Bryan Cranston and Aaron Paul have an artisanal mezcal. Even Brad Pitt and Angelina Jolie have kept their vineyard

despite their divorce.

Musicians aren’t immune: Jay-Z is a partner with Bacardi on a cognac, Drake and Metallica have whiskeys, Snoop Dogg has a cachaca, and the duo behind Florida Georgia Line offer a smooth peach peccan whiskey. **(AP)**



VILLA ONE VIA AP, LEFT, AND AP

This combination photo shows three types of Villa One tequila, left, and singer-actor Nick Jonas, who co-founded Villa One with fashion designer John Varvatos.

## Actor Lin-Manuel Miranda encourages shopping small

**NEW YORK (AP)** — With the holiday shopping season upon us, actor and “Hamilton” creator Lin-Manuel Miranda is encouraging people to take part in Small Business Saturday, an effort to shop at local, independent stores on the Saturday after Thanksgiving.

Growing up in the neighborhood of Washington Heights, the award-winning actor and “Hamilton” creator said small businesses were a staple in the

neighborhood.

“I think New York City is better when it’s full of small businesses. I think the world is better. I grew up in a neighborhood that was dotted with small businesses,” Miranda said at a recent pop-up shop put on by American Express, creator of Small Business Saturday.

“That’s a part of what makes New York special and makes the world special, is

those places you can’t find anywhere else in the world,” he said.

This year, he also became a small business owner by teaming up with a group that includes theater owner James Nederlander to purchase the Drama Book Shop, a century-old store in the theater district that was in danger of closing due to high rent prices. The new location nearby will open in March.

## Taiwanese-Canadian model-actor Godfrey Gao dies on set

**HONG KONG (AP)**—Taiwanese-Canadian model-actor Godfrey Gao has died after suffering an apparent heart attack while on set in China.

Gao was filming a sports reality show in the eastern Chinese city of Ningbo on Wednesday when he died. His agency, JetStar Entertainment, confirmed his death on its official Facebook page.

The 35-year-old was filming “Chase Me,” a Chinese variety series, when he reportedly fell while running. He was rushed to a hospital where he was pronounced dead, according to his agency.

The Taiwan-born Gao initially rose to fame by becom-



Gao

ing the first Asian male model for the luxury brand Louis Vuitton. He acted in numerous television dramas and movies, including a role in the Hollywood film “The Mortal Instruments: City of Bones.”

His body will be transported Wednesday to Taipei, Taiwan’s capital.

## Woman is reluctant to tell fiance about new religion

**DEAR ABBY:** I am a woman in my 30s with a good head on my shoulders, but I have a dilemma. I recently became Wiccan, and I’m hiding my new religion from my fiance.

I was raised Protestant but have drifted away from Christianity. My fiance was raised Catholic but no longer practices. He’s not actively involved in any religion, but I’m worried about how he will react to learning that I’m now a “witch,” which is just a broad term for anyone who follows the Wiccan spiritual path. I don’t want him to think I’ve lost my mind, but I also can’t keep hiding my beliefs from him. Secrets are never a positive thing in a relationship, but I’m worried about how this news will be received. Please help.

WEST VIRGINIA WICCAN

**DEAR WICCAN:** I agree this isn’t a secret you should keep. If it were me, I would start disclosing the information slowly, sharing Wiccan literature, telling him I found it fascinating, and sharing a few of the principles with him. Refrain from hitting him over the head with an announcement of your conversion and it will be less shocking.

**DEAR ABBY:** I have a new boss. He is a very nice man. With the Christmas season approaching, how do I communicate to him that I do not want to exchange gifts? I don’t want

him to feel obligated to give me anything. It may be presumptuous of me to think he may want to. I believe this is his first supervisory position, and he may not even think about gifts.

We have very little contact. I have been the receptionist for our building for many years and do not require much supervision. We are in different parts of the building, and he stops by occasionally to see how I’m doing. My previous boss, a woman I reported to for many years, and I would exchange gifts because we were friends.

CORDIAL IN TEXAS

**DEAR CORDIAL:** I do not recommend mentioning gifts to your new boss. It is entirely possible that he won’t be giving you anything this Christmas. However, on the chance that he might, keep a little something in your desk drawer just in case. A small, prepackaged fruitcake might be nice. You can always use it as a doorstop or a hockey puck if he doesn’t drop by with a gift in hand.

**DEAR ABBY:** Why do women stop having sex after marriage? This is my second marriage. We have been married two years, and to date we have had sex three times. Before marriage we had a great sex life, but the day I said “I do” it stopped. I’m not the only man who is faced with this problem.

NEED AN ANSWER

## DEAR ABBY

By ABIGAIL VAN BUREN  
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.



**DEAR NEED:** Something is wrong with this picture. Not all women stop having sex after marriage. The two of you are long overdue for a frank conversation because this isn’t fair to you. Could your wife’s lack of interest be medical or emotional? Do you get along otherwise? Did this happen with your first wife, too? If the answer to that question is yes, your technique may need some polishing, or your wives may not have enjoyed sex before or after your weddings.

What teens need to know about sex, drugs, AIDS and getting along with peers and parents is in “What Every Teen Should Know.” Send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Teen Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson

Garfield®

By Jim Davis

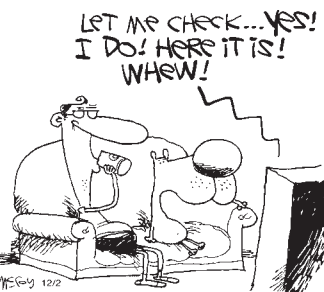
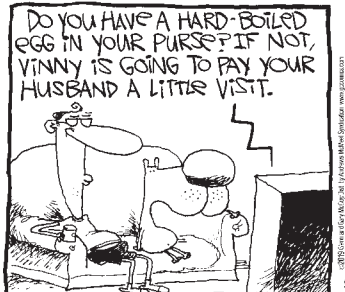
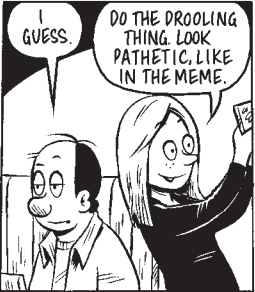
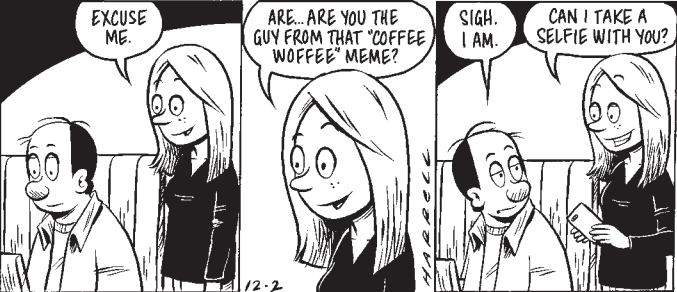


Adam@home

By Bryan Basset

The Duplex

By Glenn McCoy



CROSSWORD By Eugene Sheffer

ACROSS 1 No neatnik 5 Glacial 8 Ranch visitor 12 Verdi opera 13 Big D.C. lobby 14 — about (circa) 15 Lusty look 16 Battles between gangs 18 Reptile with a shell 20 Like skim milk 21 50-and-over org. 23 Part of MPH 24 Wind farm machines 28 Knocks 31 Brit. record label 32 Univ. divisions 34 Anger

35 PC programs 37 Puccini opera 39 Camp bed 41 Sun-screen additive 42 Hand-some guy 45 Large soup dish 49 Toll road 51 Zilch 52 Shoppe description 53 Huge 54 401(k) relatives 55 Island in a computer game

56 Farm pen 57 Mater lead-in

DOWN 1 Pretzel 2 Stead topper 3 Baltic Sea feeder 4 Tavern tally 5 The Web 6 French vineyard 7 Fish story 8 Depress-ing expe-rience 9 Fearless 10 TV explorer 11 Formerly, once

Solution time: 25 mins.

43 As required 44 Bloodline sharers 46 British noble 47 Wax-coated cheese 48 Astro-nauts' org.

50 DIY buy

Last Friday's Answer 12/02

CELEBRITIES BORN ON THIS DAY: Aaron Rodgers, 36; Britney Spears, 38; Monica Seles, 46; Rena Sofer, 51.

Happy Birthday: Look back at the changes you have made, and you'll recognize similar situations unfolding this year. Use experience and intelligence to ensure that you don't miss out on something you want. Keep your emotions tucked away in a safe place to avoid letting how you feel influence how you move forward. Make each move count. Your numbers are 8, 13, 20, 29, 36, 42, 47.

ARIES (March 21-April 19): Align yourself with people trying to accomplish the same thing you are. Ramp up your energy level, and push for the lifestyle changes you want to implement. An encouraging word will help bring you closer to someone you love. \*\*\*\*

TAURUS (April 20-May 20): If you're going to make a change, do so silently. Someone will stand in your way if you are too vocal about your plans. Explore the outcome before asking others to enjoy what you have to offer. Self-improvement is favored. \*\*

GEMINI (May 21-June 20): Look at your objective, and consider the best way to reach your goal. Refuse to let your emotions take over, causing unnecessary mistakes. Stay focused on what is important to you. A manipulative situation will lead to unanticipated results. \*\*\*\*\*

CANCER (June 21-July 22): Weigh in regarding the importance of something you want to do versus how someone you

care about will feel about your actions. It's essential to have the support of loved ones before you take action. Romance is in the stars. \*\*\*

LEO (July 23-Aug. 22): An unusual situation at home or work will make you rethink your next move. Don't make a change that isn't necessary, or it may end up costing you emotionally as well as financially. Take a timeout and focus on personal growth. \*\*\*

VIRGO (Aug. 23-Sept. 22): Mingle, ask questions and get involved in events that interest you. Learn all you can, and it will be easier to make positive changes that will encourage a better life. Personal improvements and romance should be your top priorities. \*\*\*

LIBRA (Sept. 23-Oct. 22): Get out with friends or relatives that ground you. Getting a unique perspective on a situation you face will help you sort through the ups and downs of making a change. Reconnecting with someone from your past is best left alone. \*\*\*\*\*

SCORPIO (Oct. 23-Nov. 21): Get out and discover what life has to offer. Engage in talks with someone who has more experience than you. Use your charm to get your way, but don't make promises you cannot keep. Passion should be a priority. \*\*

SAGITTARIUS (Nov. 22-Dec. 21): Take a serious approach to money, legal and health matters. Look for the best way to move forward without jeopardizing your position, reputation or future. Surround yourself with people who share your values as well as your direction. \*\*\*\*

EUGENIA LAST THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): You can resolve issues if you are willing to compromise. A change you make will end up putting you in a better position. Your ability to listen, make adjustments and carry on will help you gain support. Romance is on the rise. \*\*\*

AQUARIUS (Jan. 20-Feb. 18): Keep your thoughts to yourself. Someone will use emotional manipulation to persuade you to make a personal change. When in doubt, sit tight and don't jeopardize your financial security or your reputation. Impulsive decisions will be your downfall. \*\*\*

PISCES (Feb. 19-March 20): Don't mix money and emotions. If you want to make a deal, do so without strings attached. Someone will be impressed with your integrity and desire to do what's right. A proposal offered will be worth considering. Update your appearance. \*\*\*

Birthday Baby: You are free-spirited, innovative and flexible. You are ambitious and thoughtful.

Visit [Eugenialast.com](http://Eugenialast.com), or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

Conceptis Sudoku By Dave Green

Difficulty Level ★

12/02

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

Difficulty Level \*\*\*\*

12/25

WONDERWORD By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

CHAMPIONING A CAUSE Solution: 7 letters

E F T N O I T A D N U O F R E  
A D U S L I T E R A C Y M A D  
Y T U N E C L C T P O D A I A  
T I T C D B A W A R E N E S S  
R E S E A R C H E P T C T E U  
E E S S N T A L H D M H A A R  
V L I U U T I I O L N I G E C  
O D R P B E I O S B A E E I P  
P E N P F A S O N I B T F I R  
E R M O V E M E N T N Y N E H  
T L C R I S I S P U T G D E D  
A Y T T Y S C U L T U R A L M  
N I A T S U S O E P O L I C Y  
O P L E A D V I H B T R U S T  
D E C A R B M E M H U N G E R

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Abuse, Adopt, Attention, Awareness, Battle, Best, Border, Crisis, Crusade, Cultural, Defend, Disabled, Donate, Education, Elderly, Embrace, Foundation, Fundraising, Health, Help, Hunger, Impact, Issues, Literacy, Lobby, Mental, Mission, Movement, Peace, Plead, Policy, Poverty, Raise, Relief, Research, Right, Support, Sustain, Team, Trust, Volunteer

Last Friday's Answer: Airplane

Purchase WONDERWORD books in time for the holidays! Visit [WonderWordBooks.com](http://WonderWordBooks.com) or call 1-800-642-6480.

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**PROCUREMENT AND SUPPLY  
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**REQUEST FOR PROPOSALS  
RFP NO.: DPW20-RFP-001**

SUBMISSION DATE: December 18, 2019 TIME: 10:00 A.M.

**“Topographic and As-Built Survey  
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Precinct IV, Saipan”**

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A non-refundable payment of Fifty Dollars (\$50.00) is required for each set. Payment must be made to the CNMI Treasurer and a receipt of payment must be presented when obtaining the Scope of Work at DPW Technical Services Division required for each set.

A **PRE-PROPOSAL** SITE VISIT WILL BE HELD ON **December 9, 2019 AT 9:00 A.M., LOCAL TIME** AT THE DEPARTMENT OF PUBLIC WORKS CONFERENCE ROOM.

**QUESTIONS** MUST BE MADE IN WRITING TO Anthony A. Camacho, Director of Technical Services Division **NO LATER THAN THE CLOSE OF BUSINESS DECEMBER 13, 2019**. THESE QUESTIONS WILL BE ANSWERED WITHIN THREE (3) BUSINESS DAYS AND WILL BE SHARED WITH ALL PROPOSERS.

**THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIA C SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.**

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

**/S/ JAMES A. ADA  
SECRETARY OF PUBLIC WORKS**

**/S/ FRANCISCO C. AGUON  
ACTING DIRECTOR, P&S**



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Find today’s solution in classified section

# Harden's 60 points help Rockets roll past Hawks



**HOUSTON (AP)** — James Harden's performance on Saturday night was enough to make even those who see him put up gaudy numbers night after night step back and marvel at his work.

Harden scored a season-high 60 points in 31 minutes and the Houston Rockets sent the struggling Atlanta Hawks to their 10th straight loss with a 158-111 romp.

"It's like everything else he does—unbelievable," coach Mike D'Antoni said.

Harden came one point shy of matching his career high and franchise record on a night he made eight 3-pointers and 20 free throws. He watched the entire fourth quarter from the bench with Houston up 127-73 at the end of three.

"What he's doing has not been seen," teammate Austin Rivers said. "My man had 60 and didn't play the fourth quarter. Name another player who could do that right now."

It was Harden's fourth career 60-point game, tying him with Michael Jordan for third-most in NBA history, trailing only Kobe Bryant (six) and Wilt Chamberlain (32). Harden is the only active player who has scored 60 points more than once.

But as usual he wasn't interested in talking about reaching 60 points while spending an entire quarter on the bench.

"Nope," he said before walking off and repeating the word two more times.

The Rockets were missing starters Clint Capela and Danuel House because of illnesses, but still had no trouble handling an Atlanta team that



hasn't won since Nov. 12 thanks to Harden's huge night.

"We try to do what we have to do against James, which is throw a lot of bodies at him,"

Hawks coach Lloyd Pierce said. "Try and put him under duress. He just didn't feel us."

Atlanta was never really in this one and was down by 20

points or more for most of the game. The flat effort came a night after the Hawks fell by one point in overtime to the Pacers in a game where Trae

**AP**  
Houston Rockets guard James Harden (13) shoots against Atlanta Hawks guard Evan Turner (1) as DeAndre' Bembry (95) and Tyrone Wallace (8) look on during the second half of an NBA game, Saturday, Nov. 30, 2019, in Houston.

Young tied career highs with 49 points and eight 3-pointers.

Young led the Hawks with 37 points and had five 3-pointers, but it wasn't nearly enough to offset Harden's game.

## Bucks 137, Hornets 96

In Milwaukee, Giannis Antetokounmpo scored 26 points but his double-double streak ended at 19 games when he grabbed nine rebounds while playing only 20 minutes as the Bucks coasted over Charlotte.

Milwaukee (17-3) won its 11th straight game and matched its highest point total of the season. The Bucks held a 17-point halftime lead and extended it to 101-75 entering the fourth quarter, allowing the reigning MVP to sit out the final period.

Antetokounmpo's streak of double-doubles to open a season left him short of Bill Walton's record of 34 with the Portland Trail Blazers in 1976-77. Kareem Abdul-Jabbar also had 29 for the Los Angeles Lakers in 1975-76.

The Bucks put nine players in double figures and finished November with a franchise-best 15-1 record, losing only on a buzzer-beating shot in Utah on Nov. 8. Milwaukee has the league's second-best record, behind the Los Angeles Lakers (17-2).

## Kings 100, Nuggets 97, OT

In Sacramento, Harrison

Barnes scored six of his season-high 30 points in overtime, Buddy Hield hit two free throws with 9.5 seconds left and the Kings rallied to beat Denver.

Sacramento trailed by 17 at halftime and didn't lead until Barnes made a jumper early in overtime. Gary Harris' 3-pointer put the Nuggets up 95-94, but Barnes answered with two free throws and scored on a short lean-in shot.

Harris made two free throws before Hield answered with two of his own to help Sacramento end a six-game losing streak against Denver.

The Nuggets failed to get off a shot in the final 15 seconds.

Nemanja Bjelica had 10 points and 12 rebounds for the Kings. Richaun Holmes added 13 points and 10 rebounds, and Hield had 21 points despite an off-night shooting.

Harris scored 18 of his 25 points in the first quarter. Will Barton added 14 points, 12 rebounds and five assists. Jamal Murray scored 15 points.

## 76ers 119, Pacers 116

In Philadelphia, Joel Embiid had 32 points and 11 rebounds and Ben Simmons had three steals in the final 13.9 seconds to lead the 76ers over Indiana.

Simmons finished with 15 points, 13 assists, six rebounds and four steals. Tobias Harris scored 22 points for Philadelphia, which won its third straight while improving to 9-0 at home.

T.J. Warren had 29 points and Malcolm Brogdon added 28 for the Pacers, who had won five straight. Indiana opened a grueling five-game, seven-day road trip.

The NBA is considering significant changes to its schedule and playoff format for its 75th anniversary season in 2021-22 and perhaps beyond.

These potential changes include fewer games, an in-season tournament, a play-in event for the final two playoff spots and re-seeding the four teams who advance to the conference finals.

The NBA has tossed around similar ideas for years, especially since Adam Silver took over as commissioner almost six years ago.

With TV viewership down (though attendance is up a tick), social media as an alternative to watching games, intense focus on non-game action such as free agency and trades, the NBA is interested in ideas that could rejuvenate a regular season that can be perceived as tedious and a necessary evil to get to the playoffs.

The league is looking at competitive incentives to entice

## Sweeping changes to affect NBA future

more teams and fans during the regular season and would like to vote on these proposals at the April board of governors meeting or shortly after. It requires two-thirds approval from the 30 owners to pass.

### A 78-game regular season

Reducing the schedule by four games doesn't address load management or significant minutes played for players, and the NBA is aware of that. This isn't even expected to reduce the number of back-to-backs for teams. This just allows for the in-season tournament.

However, for teams that don't make the in-season tournament quarterfinals, it equals extra time off in December in addition to no games for about a week at the All-Star break.

This is one issue that both-

ers purists who like the historical context of an 82-game season and hold the record book sacred. Let's rule out LeBron James, who would still lose out on games in this scenario that would have an impact on his points as he chases Kareem Abdul-Jabbar as the NBA's all-time leading scorer.

Take the next great scorer who plays 18 seasons. Eighteen times four is 72—almost a full season of games and points lost over the course of that career.

### In-season tournament

Silver, who embraces change, broached this topic in 2014, referencing in-season tournaments in soccer leagues.

With so much focus on winning the NBA championship, teams that had strong seasons but didn't win a title viewed themselves or were viewed as unsuccessful. That's deflating.

"As one of our general managers said at the meeting, there's very few things that you can win in the NBA," Silver said in 2014.

This gives teams a chance to win something else meaningful.

The tournament would look like this: teams play a round-robin schedule against teams in their division and the top team from each division and the two next best teams advance to the quarterfinals, possibly in December. Silver once mentioned Las Vegas as a possible site.

There are expected to be financial incentives for players, coaches and teams, and early feedback suggests the league may also look for other incentives that engage fans of teams.

### Play-in games for the playoffs

This is borrowing a page from

the NCAA tournament with a wrinkle involving seeds 7-10 in each conference: seventh place would play eighth place with the winner receiving the seventh seed; the winner of 9-10 would need to beat the loser of 7-8 to get into the playoffs as the No. 8 seed. In essence, the ninth- or 10th-place team would need to win two play-in games to make the playoffs and seven and eight need to win once.

This idea has the potential to draw more teams into the playoff race, such as the 11th-, 12th- and 13th-place teams. Last season, Sacramento and Los Angeles Lakers—as the ninth- and 10th-place teams—would've had a chance to make the playoffs and Minnesota (11th place) might have been motivated to win games at the end of the season.

### Re-seeding the Final Four

This is straightforward. The league would re-seed the final four teams regardless of conference, meaning a team from the East could play a team from the West in the "conference finals" and two teams from the same conference could play in the Finals.

Critics of the playoff system have urged the NBA to seed the playoffs 1-16 regardless of conference. That idea hasn't gained enough traction among owners—why would teams in one conference want to give up a playoff appearance, which is a revenue driver—so this seems like a compromise to get the two best teams in the Finals.

Last season, Milwaukee would've played Portland, and Toronto would've played Golden State in the final four. It could've been a Milwaukee-Toronto Final.

# Messi, Rapinoe favored for Ballon d'Or honors

**PARIS**—The biggest names in world football will descend on Paris on Monday for the 2019 Ballon d'Or ceremony, with Lionel Messi and USA women's World Cup superstar Megan Rapinoe tipped to leave with the honors.

It would be an enormous shock if Rapinoe did not depart the Chatelet Theatre with the women's prize as she returns to the country where she was the driving force on and off the field for the United States as they retained their title.

The suspense surrounds the identity of the men's winner, 12 months after Croatia's Luka Modric claimed the crown thanks to his exploits in dragging his country to the World Cup final and winning the Champions League with Real Madrid.

That ended a decade in which Messi and Cristiano Ronaldo had won the Ballon d'Or five times each, but the smart money now is on the Barcelona man claiming number six.

There are 30 nominees in total for the prize, organized by France Football magazine and voted for by 180 journalists from around the world.

Among the names is Ronaldo, as well as several of the stars of the Liverpool side who won the Champions League, chief among them Dutch defender Virgil van Dijk.

At one point he looked like the favourite, but Messi already pipped him to FIFA's The Best title in September.

The 32-year-old top-scored in La Liga last season with 36 goals as Barcelona won the title. He did not have a great Copa America with Argentina, but his genius is undeniable.

"If you give the Ballon d'Or to the best player of this generation then you should give it always to Lionel Messi. That's how it is," admitted Liverpool manager Jurgen Klopp.

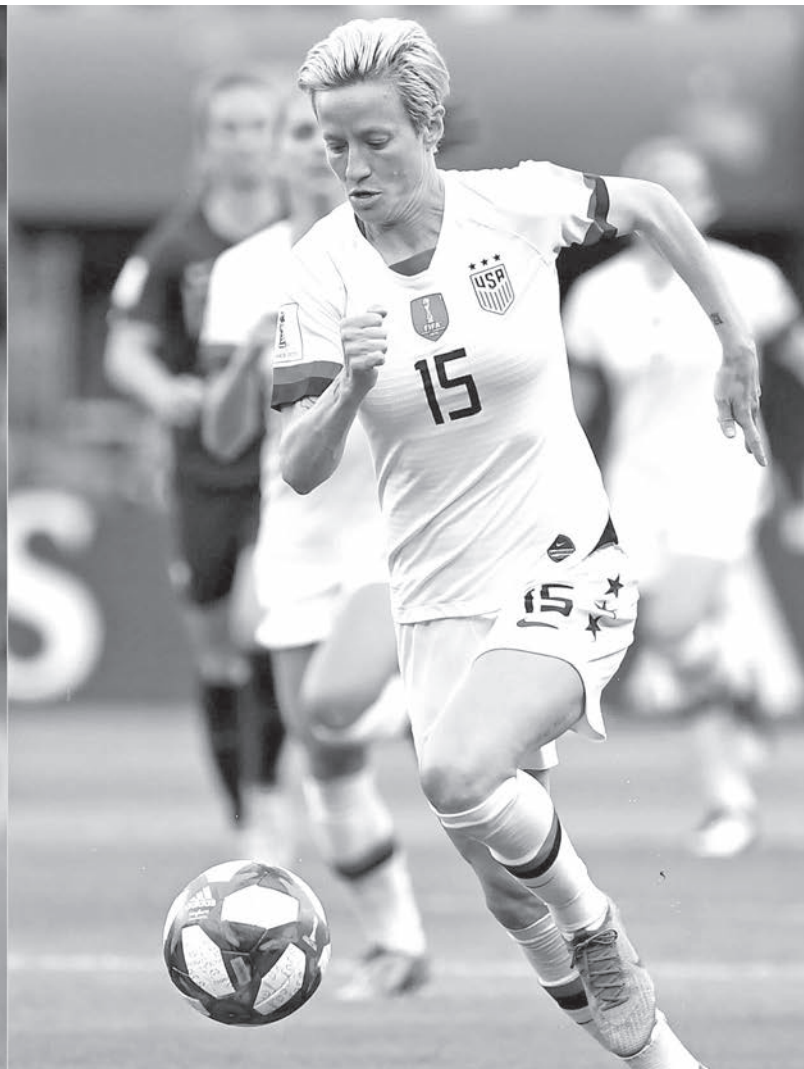
"But if you give it to the best player of last season, then it was Virgil van Dijk. I don't know exactly how it will work but that is how I see it."

The value of individual honors in football is debatable, and the timing unsatisfactory, coming midway through the European club season.

Yet surely nobody could suggest Rapinoe would not be a deserving winner of just the second women's Ballon d'Or, an award voted for by a



Lionel Messi, left, and Megan Rapinoe are expected to headline the awardees in Monday's Ballon d'Or ceremony in Paris.



AP

panel of 48 journalists.

Norway's Ada Hegerberg won it in 2018 but will not retain her title after missing the World Cup.

Among the stars of that tournament to be nominated are England's Lucy Bronze, Netherlands striker Vivianne Miedema, Australia's Sam Kerr and the USA trio of Alex Morgan, Rose Lavelle and Tobin Heath.

However Rapinoe, the 34-year-old feminist icon and outspoken critic of U.S. President Donald Trump, should add this honor to those of Golden Boot winner for top scorer and Golden Ball for best player at the World Cup.

The striker was the star of this year's Women's World Cup, scoring six goals as the United States successfully defended the title won in 2015.

Rapinoe picked up the FIFA's Best Women's Player award in September, and is now the front-runner for

what is only the second edition of the Ballon d'Or Feminin.

Victory in Paris would crown a remarkable year for Rapinoe which has seen her enhance her reputation as a warrior both on and off the pitch.

Her performances at the World Cup were a critical part of the United States' title defense, most notably a two-goal display in a 2-1 victory over hosts France in the quarterfinals.

Even her supposed rivals seem to be rooting for her.

"She does lots of things off the pitch, but I think she is the favorite to win the Ballon d'Or mainly down to her performances during the World Cup," Bronze told France Football.

Rapinoe has also garnered almost as much attention in 2019 for her unflinching advocacy of social justice

off the field.

That readiness to speak her mind famously brought her into conflict with Trump during the World Cup in June.

Rapinoe had provoked Trump's ire in comments made several months before the tournament when she stated bluntly that she would not attend a White House reception for the US team if they brought home the World Cup.

"I am a big fan of the American Team, and Women's Soccer," Trump wrote on Twitter. "But Megan should WIN first before she TALKS! Finish the job!"

Rapinoe would indeed go on to finish the job several days later, scoring the opening goal in a 2-0 defeat of the Netherlands in the final in Lyon to seal back-to-back World Cup victories.



**BUCHAREST, Romania** (AP)—After seeing Germany drawn at Euro 2020 with France and Portugal, Oliver Bierhoff was frustrated and fearful about his country's prospects.

"Another nightmare," the Germany team general manager said on Saturday. "It is the worst possibility we could catch."

The memories are still raw of Germany's humiliation at the 2018 World Cup where the title defense ended in the group stage.

Germany opens against World Cup holder France on June 16 before taking on European champion Portugal four days later.

"I didn't want to pick these

## Germany, France, and Portugal in same Euro 2020 group

teams," said Bierhoff, whose goal clinched the European Championship for Germany at Wembley in 1996. "France is the best team in the world."

This time, at least, Germany will have home advantage, playing all Group F games in Munich as the 24-team European Championship is spread across the continent for the first time with 12 stadiums in 12 countries being used. Budapest is also being used for a game which will be completed by a playoff winner.

Only the top two teams in each of the six groups are certain to qualify for the round of 16 along with the four top-performing runners-up. The

newly complicated nature of qualifying means four of the six groups won't have their final teams confirmed until after the playoffs in March.

It might get even tougher for the Group F runner-up, which could meet England.

That is if Gareth Southgate's side uses the home advantage of playing all three Group D games at Wembley to top the standings.

England opens with a June 14 reunion with Croatia, which won their 2018 World Cup semifinal but lost to the Three Lions later in the year in the Nations League. England also faces the Czech Re-

public, the only team to beat Gareth Southgate's side in Euro 2020 qualifying.

"Our analysts won't have to do too much work; they'll be delighted," Southgate said. "They can put their feet up for Christmas. But yeah, these are teams that we've had really good performances and results against and lost to, so we know there's no room for complacency. And, of course, we have to see who comes through the playoff."

Glasgow's Hampden Park is paired with the north London stadium in Group D but Scotland has to qualify by beating Israel and either Nor-

way or Serbia.

Wembley is the main venue for Euro 2020, with seven games including the semifinals and final on July 12.

The tournament will open with Italy hosting Turkey in Rome on June 12. Group A also features Switzerland and Wales, which has to play its first two games in the Azerbaijan capital Baku before the team led by Gareth Bale finishes in Rome against the hosts.

Belgium was due to host games in Brussels but lost the games to Wembley because a new stadium project could not get approval.

Instead, Belgium will have to open against Russia in St.

And since then, Rapinoe has happily kept on talking.

At a victory parade in New York in July, Rapinoe, who is gay, saluted the diversity of the all-conquering U.S. team while calling for unity.

"We have to be better," Rapinoe told a cheering crowd of thousands. "We have to love more, hate less. We got to listen more and talk less."

"We got to know that this is everybody's responsibility. Every single person here, every single person who's not here, every single person who doesn't want to be here. Every single person who agrees and doesn't agree. It's our responsibility to make this world a better place."

Rapinoe returned to that theme at an awards ceremony earlier this month, when she was honored as one of Glamour magazine's "Women of the Year."

Petersburg and play Denmark in Copenhagen. Roberto Martinez's side rounds off Group B back in Russia against Finland, which has qualified for a major tournament for the first time.

"In terms of logistics, it's probably the hardest we could've had," Martinez said. "We need to adjust our preparation and we'll make sure that the logistics are just right."

Spain has all three games at home in Bilbao, and opens in Group E against Sweden on June 15, then Poland and a playoff winner.

Netherlands is at Amsterdam throughout Group C, opening against Ukraine on June 14 and then Austria and a playoff winner.



# Super Bowl Preview: 49ers vs Ravens



Lamar Jackson vs. Nick Bosa. The NFL's most dynamic offense against one of its stingiest defenses. A rematch of a Super Bowl played seven years ago and a possible preview of another.

The game Sunday between the San Francisco 49ers (10-1) and the Baltimore Ravens (9-2) is one of the premier matchups of the entire season, even if it won't get the national television exposure it deserves.

The game will be played in the early window after the league opted to flex the Oakland-Kansas City game into the doubleheader slot and kept the matchup between New England and Houston in prime time.

That takes no luster off a matchup between two of the league's dominant teams.

"They look great," Ravens coach John Harbaugh said. "They're killing people. They've got a great football team who you as coaches, we've gone to work on them already. We know what we're up against. We've got to get back, we've got to get rested and we've got to get to work."

This matchup is unprecedented in many ways, the first time two teams will meet coming off wins of at least 28 points against teams with winning records, according to the Elias Sports Bureau.

The 49ers dealt a prime-time beatdown to the Green Bay Packers last Sunday, forcing Aaron Rodgers into the least efficient game of his career in a 37-8 victory.

The Ravens answered the next night in Los Angeles by becoming the first team in 11 years to score touchdowns on its first six drives in a 45-6 romp over the Rams.

It's also the first time since the merger that teams outscored



Baltimore Ravens quarterback Lamar Jackson runs against the Los Angeles Rams during the first half of an NFL game Monday, Nov. 25, 2019, in Los Angeles.

ing opponents by at least 15 points per game met this late in the season.

The Niners have done it in large part thanks to a dominant defense that has an NFL-high 44 sacks. A deep line led by Bosa is helping hold opponents to the fewest net yards passing per game (136.9) in 37 years.

The Ravens are relying more on Jackson and the offense. Baltimore is averaging more than 40 points per game over the past five contests, with four of those games coming against teams with winning records.

Jackson has been nearly unstoppable, averaging 7.1 yards per carry, posting a 111.4 passer rating and accounting for 30 touchdowns in his first full season as a starter.

The showdown between the 49ers and Ravens is one of six games this week featuring a pair of winning teams squaring off, including the Thanksgiving game between Buffalo (8-3) and Dallas (6-5).

On Sunday, Tennessee (6-5) travels to Indianapolis (6-5) in a matchup of AFC South teams fighting for the division title or a wild-card spot, New England (10-1) visits Houston

(7-4) in a matchup of first-place teams, and Oakland (6-5) visits Kansas City (7-4) in an old-school AFC West battle with first place on the line.

"This is great for NFL fans and football and we're excited to have a meaningful game this time of year against the Chiefs," Raiders coach Jon Gruden said.

The week ends with an intriguing Monday night matchup between two of the NFC's top teams—Minnesota (8-3) at Seattle (9-2).

Week 13 started with a Thanksgiving tripleheader, with all three visiting teams

winning. New Orleans topped Atlanta 26-18 for its third straight NFC South title, Buffalo beat Dallas 26-15 and Chicago edged Detroit 24-20.

Meanwhile, Jadeveon Clowney is putting off surgery for now in the hope he can manage a core muscle injury and make it through the rest of the Seattle Seahawks season.

Clowney is expected to return on Monday night when Seattle hosts Minnesota in a key matchup in the NFC playoff race. Clowney is listed as questionable with the core injury that caused him to miss last week's game

at Philadelphia, but both Clowney and Seattle coach Pete Carroll expect the former No. 1 overall pick to play against the Vikings.

Clowney visited a specialist in Philadelphia last week and opted to try and avoid surgery for now in the hope he can manage the injury for the rest of the season. Clowney said it's similar to a core injury he had during his rookie season that ended up needing surgery. He played just four games as a rookie.

"Now I'm just different. I'm older. I've learned how to take care of my body a lot more than I did back then," Clowney said. "The training staff here is taking good care of me. The coaches are taking care of me taking me off the field on certain plays and managing my reps throughout the week. But during the games, when you get out there and start moving around I hope and expect not to feel it much."

Clowney said he first felt the injury during the Week 10 game against San Francisco and that it doesn't seem as bad as the core injury he suffered as a rookie.

Seattle could have its full allotment of defensive linemen against the Vikings as defensive tackles Jarran Reed and Poona Ford are both expected to play. Reed suffered a sprained ankle last week against the Eagles but was able to practice the past two days. Ford is among a group of Seattle players that have come down with an illness this week and have been kept away from the rest of their teammates.

**FLORIDA**—Dustin Johnson will need an extra week before he returns to action.

The world No. 4, who hasn't played since undergoing left knee surgery in September, announced Saturday on Twitter that he has withdrawn from next week's Hero World Challenge in the Bahamas. Johnson added that he remains on track to represent the U.S. in the Presidents Cup, which begins Dec. 12 in Australia.

"After a lot of careful thought and consultation, I have decided that it is in my best interest if I withdraw from next week's Hero World Challenge," Johnson wrote. "While my recovery from knee surgery is complete, I feel another week of physical therapy and practice will best prepare me for the Presidents

## Johnson out at Hero, will play in Presidents Cup

Cup. I have informed Captain Woods of my decision, which he fully supports and understands, and cannot wait to tee it up with him and my teammates next week in Australia."

Johnson, who had arthroscopic surgery to repair cartilage damage in the knee on Sept. 5, hasn't played competitively since the Tour Championship in August and has no top-10s in his past eight starts.

He will be replaced in the 18-man Hero field by Chez Reavie, who will make his debut at Albany.

"I wish Dustin the best and I know he's disappointed not to be playing at Albany," said Tiger Woods, the event host and

U.S. Presidents Cup captain, in a statement.

### An for Day

First Brooks Koepka, now Jason Day.

Presidents Cup captain Ernie Els announced Friday that Ben An will replace Day on the International team following Day's withdrawal because of a back injury. This comes just over three weeks since Els selected Day as one of his initial captain's picks to compete in the biennial match in his home country of Australia when it returns to Royal Melbourne December 9-15.

"We wish Jason well and hope his back recovers quick-

ly. We were eager to have Jason as part of the team at Royal Melbourne and his experience will be missed," Els said in a news release. "The good news

is that there were a number of strong and qualified players available to choose from when I made my captain's selections.

To have someone as steady and talented as Ben An puts us in a great position to succeed. Ben played extremely well this fall and throughout the year and he will fit in nicely on this team."

Last season, An recorded three top-10s and eight top-25s including a third-place finish at the regular-season-

ending Wyndham Championship in August.

After missing out on qualifying for an automatic selection, An strung together an impressive showing during the fall season. He finished third at the Sanderson Farms Championship, T-6 at the CJ Cup and T-8 at the Zozo Championship. In addition, he added a T-14 at the WGC-HSBC Champions.

"I'm sorry to hear that Jason has been forced to withdraw from the International team and I wish him a speedy recovery. It was a huge surprise to receive a call from Ernie who told me that I was in the team," An said. "It has been a goal of mine all season to be

on the International team and I am honored to play in my first Presidents Cup. I'm looking forward to joining Ernie and the rest of the team in Melbourne and, more importantly, contribute to the International team's goal to win the Cup."

Day said he was "disappointed" he won't be able to return home to play in either the Australian Open or the Presidents Cup, and had been trying to rehab his back injury, but decided it was best to take some time off to nurse the injury.

"Frustratingly, I've been through back problems before and my medical team decided it best to shut down all practice and play," Els said. "I look forward to playing at home in the near future. My best to all the competitors in Sydney and my teammates in Melbourne."

# Sammen, Munchkins top SIS volleyball tourney

By **KIMBERLY A. BAUTISTA**  
kimberly\_bautista@saipantribune.com  
REPORTER



Sammen and Munchkins came out victorious in the Saipan International School Senior Class Beach Volleyball Tournament held Saturday at the Fiesta Resort & Saipan Saipan court.

Sammen's Eunbi Choi, Mauryzon Tybaco, Malika Miyawaki, Andrew Kim, Nilo Calimag, and Steven Hong took three wins to prevail in the U18 division

of the competition, which aimed to raise funds for the educational and cultural trip of the Geckos' senior class.

The division champion outclassed Sandy Andy's Mac Guintu, Andy Kim, Julianne Hall, Chris Kim, and Sam Ryu in an extended title match. Sammen drew first blood with a 21-12 victory in the opening set, but missed wrapping up the finals early when Sandy Andy recovered in the second, 21-12. Then in the deciding third set, the opposing teams went back and forth before Sammen eked

out a 16-14 win.

Before engaging Sandy Andy in a tightly contested championship game, Sammen first defeated Balbbal-gan to make it to the semis of the single-elimination tournament. In the Final Four, Sammen downed Suwhoop.

Sandy Andy, on the other hand, was first pitted against Black Pink and prevailed to

reach the semis where the former also won against Oppa to move one victory away from notching the division title.

For the U13 division, the Munchkins' Helen Kim, Danny Lee, Daniel Lam, and Seo Hee Kim earned two wins to top the age group competition.

The Munchkins squared off against the Ace in the

finals and needed only two sets to win the match, 21-15, 21-18. Hannah Lim, Kyla Par, Allen Cho, Rigel Devey, and Jayden Lim played for the Ace.

Munchkins made it to the finals following a victory over Hot Chickens & Soda, while the Ace eliminated Bumpin' Ugles in the other semis pairing. Hot Chickens & Soda,

before bowing to the Munchkins, ousted the Phoenixes.

Meanwhile, tournament organizers and SIS seniors Sally Lai and Miyawaki would like to thank the Northern Mariana Islands Volleyball Association, the Fiesta Resort & Spa Saipan and its manager Wendi Herring, and all the participating teams for supporting the fundraiser.

## BLUE

From Page 28

the curtain-raiser with Peredo firing 29 points and Diaz adding 20.

Diaz opened Blue Haus' scoring with a shot from beyond the arc and his team took early control of the game and was never threatened. Two more Blue Haus players finished in double figures with Junar Guiab chipping in 11 markers and Richard Peredo contributing 10. Elmer Esdrelon, Matt Buenabajo, and Bruce Berline combined for 19 more markers for Blue Haus to provide enough support to Peredo and Diaz.

Errol Peredo ended up getting the league's first Best Player of the Game award.

While Blue Haus' main scorers got a lot of help from their teammates, JCN Construction drew a good offensive game from only one player—Jun Tabora. The JCN player made 18 points. Ton

Alegre was the other double-figure scorer for Construction after delivering 11 points, but most of them came in the first quarter.

Blue Haus and JSN Construction are two of the 10 teams playing in the Masters Division. Completing the list are IT&E, Pegs Team Mythical, Las Vegas Bamboo Bar, Old Iskool, Islander Rent A Car, PPG Pen, and Pacific Marine.

In the Open Division, teams vying for the crown are Blue Eagle Enterprise, Lakay, Pacific Island Club, MJD Corp. Toyota, Shirley's, Islander Rent A Car, RNV Construction, Hoopaholics, and The Game.

Matches in the league are played every Thursday, Saturday, and Sunday.

**Blue Haus 92**—E. Peredo 29, Diaz 20, Guiab 11, R. Peredo 10, Esdrelon 9, Buenabajo 6, Berline 4, Santos 2.

**JSN 62**—Tabora 18, Alegre 11, Santos 8, Tobias 7, Jarap 6, Cruz 2, Garcia 2.



KIMBERLY A. BAUTISTA  
Blue Haus' Elmer Esdrelon escapes with a layup during their game against JSN Construction in the opening of the United Filipino Organization IT&E 2019 Basketball League last Saturday at the Gilbert C. Ada Gymnasium.



CONTRIBUTED PHOTO

Participants and organizers of the Saipan International School Senior Class Beach Volleyball Tournament pose for a photo last Saturday at the Fiesta Resort & Saipan Saipan sand court.

## KANOA

From Page 28

ready for a shot, but slipped and lost possession in the end.

Despite the missed opportunity, TanHoldings persevered and got a second chance to knot the count and stay in contention for the FA Cup when Kanoa was called for a hand ball. Taka Borja then took the free kick outside the left center, but his cross lob overshot the mark, as it went far wide to the right away from his two teammates who were going for a header.

With luck on its side and Kanoa hanging on to the shaky lead, the eventual winning team tried to use some time in the 50-minute game in the ensuing plays. The match was then extended for three minutes and with a little over a minute left in extra time, TanHoldings had one final chance to tie the duel.

Esalan and Kaden Church teamed up in what could have been a game-saving play with the former anchoring TanHoldings' attack anew and drawing defenders on him before swinging a pass to the latter just past left center. Church then dribbled and could have taken the shot right there, but decided to make a few more dribbles to his left, creating a more difficult angle for him when he



ROSELYN B. MONROYO

Northern Mariana Islands Football Association vice president Vickie Izuka, far left, and NMIFA Executive Committee member Norman Del Rosario, second left, join Kanoa Football Club U18 players and coach Irish Pagarao, third left, for a group photo during the awarding ceremony for the 2019 FA Challenge Cup last Saturday at the NMI Soccer Training Center in Koblerville.

finally unloaded the ball. The leather ended up hitting the outside of the lower corner post before going out.

Kanoa then got the possession and wisely moved the ball around as time expired, allowing the team to pull off an upset over TanHoldings, which topped the boys U18 division of the Fall season.

With TanHoldings U18 winning the youth league crown early last month, it drew a bye in the single-elimination tournament and automatically advanced to the semis where it clobbered Matansa U15, 9-0 to march

into the finals. Esalan had a hat trick in TanHoldings' domination over Matansa, while John Guillen Canape, George Shokarev, Aloyzeus Angeles, John Colisao, Borja, and Church added one apiece.

Matansa before losing to TanHoldings, routed Shirley's U15, 9-1, to reach the semis. Philip Megino delivered three goals in the lopsided win, while his brother Alex, Paul Lizama, and Jose Lopez chipped in two apiece, and Praise Woo contributed one. Gabriel Arkoh Jr. drilled the lone goal for Shirley's U15.

Kanoa U18, on the other

hand, qualified to the Final Four following a 3-1 triumph over MP United U18. Jaydee Jose had a brace for Kanoa, while Ian Karl Maniago tallied the other goal for the team. MP United's only goal came from Oliver Lee.

After eliminating MP United U18, Kanoa U16 next ousted Matansa U18, 6-1, to earn the right to challenge TanHoldings U18 for the FA Cup. Andruw Omelau starred in Kanoa U18's easy win over Matansa U18 after firing four goals, while Brian Lubao and Manabat added one each. Matansa U18 had an own goal in the loss.



**Harden's 60 points help Rockets roll past Hawks**

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# Saipan Tribune Sports

**Messi, Rapinoe favored for Ballon d'Or honors**

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SAIPAN TRIBUNE

# Kanoa U18 takes FA Cup

By ROSELYN B. MONROYO  
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REPORTER

**K**anoa Football Club U18 Boys U18 nosed out Tan-Holdings U18, 1-0, to rule the 2019 FA Challenge Cup last Saturday at the NMI Soccer Training Center in Koblerville.



Sebastian Manabat scored the deciding goal off a penalty kick in the 40th minute to hand Kanoa the FA Cup, which was contested by seven teams that saw action in the the 2019 NMIFA Fall Youth League.

Manabat attempted the penalty shot after Joseph Rasa was issued a red card follow-



ROSELYN B. MONROYO  
Kanoa Football Club U18's Andruw Omelau, third left, is defended by TanHoldings FC U18's Aloyzeus Angeles during the second half of their title game in the 2019 FA Challenge Cup last Saturday at the NMI Soccer Training Center in Koblerville.

ing a collision with Markus Toves. Manabat took his time before kicking the ball straight with TanHoldings U18 goalie Richard Waldo a stepped late for a save, as he slid to his left in an attempt to grab the leather.

After Manabat's goal, Tan-Holdings U18 had three opportunities to equalize, but could not cash in on those chances.

The first one was just a few minutes after Sebastian hit the penalty, as Mark Esalan led TanHoldings' attack and eluded his defenders, prompting Kanoa goalie Merrick Toves to move in and try to pick up the ball. With Toves gambling on defense, Esalan dribbled once again and was getting

**See KANOA on Page 27**

## Blue Haus wins opener in UFO caging

By KIMBERLY A. BAUTISTA  
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REPORTER

Blue Haus cruised past JSN Construction, 92-62, during the kick-off game in the United Filipino Organization

IT&E 2019 Basketball League last Saturday at the Gilbert C. Ada Gymnasium.

Blue Haus hammered JSN Construction in their Masters Division duel after

drawing more than half of the its total production from Errol Peredo and Tony Diaz. The two gunners were on target in

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KIMBERLY A. BAUTISTA

Blue Haus' Bruce Berline dives on the floor to keep the ball during their game against JSN Construction in the opening of the United Filipino Organization IT&E 2019 Basketball League last Saturday at the Gilbert C. Ada Gymnasium.

## Weight fluctuations and useful supplements

Like it or not, there are going to be days where you just don't feel it. Roughly 20 minutes into my workout, I called it a day. Before stepping out, though, I tapped him on the shoulder.

"How's your training going?" I asked.

"Just getting in what I can," he said. As he was gathering himself, he continued, "Let me tell you, I don't enjoy it as much, but I do it anyway."

In a matter of seconds there I was, instead of hopping into my car and heading home I decided to add in some extra credit work. Although the image of popping a cold one with the game on was far more tempting than having to hoist up a barbell again, I'm glad I told my inner dialogue to shut up and get it done.

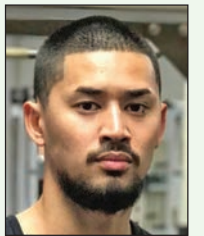
That's the whole point: get it done.

**Q: My weight keeps fluctuating. Every time I feel like I'm getting on track, the scale tells me otherwise. It's frustrating and discouraging.**

### Ask DRE:

By DRE DELOS SANTOS  
Special to the Saipan Tribune

Dre Delos Santos writes about fitness and nutrition for Saipan Tribune and TAGA Sports. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.



**A:** Instinctively, we recognize that to get from point A to point B it's not going to be a straight line. Deep down we know that's not how it works. There's an ebb and flow. Yet, when we see it happening like that before our very own eyes we throw a fit. While the scale is a useful tool, many of us get bogged down by it.

Relax. It's only one metric, and its importance pales in comparison to the value of non-scale victories. If your clothes are fitting better, you're looking visibly leaner, and you're getting stronger, that's progress.

**Q: Beyond a protein supplement and maybe a multi-vitamin, what other supplements do you recommend?**

**A:** The one supplement I think we should all be paying attention to is magnesium because just about everyone is deficient. And it's hard to get it through your diet. Even a reasonably healthy one. It plays a vital role in nerve and muscle function, and there's also strong evidence showing that low levels has an impact on blood pressure, carbohydrate metabolism, and sleep. I'm not saying it's going to have a miraculous effect, but it's worth the effort to look into it.